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### LHS Spikers Three a Days Geared Toward Topeka

Liberal's volleyball girls and their coach aren't messing around this week. Before school started Thursday, the LHS spikers were practicing three times a day which third year head coach Thais Baziquetto-Allen has dubbed "The Road to Topeka." That gives you an idea of how lofty the goals are at Liberal where Liberal returns most of their team. Liberal was 15-20 last year breaking a string of five straight winning seasons(26-13 in 2011; 24-14 in 2010; 29-12 in 2009; 32-7 in 2008; and 31-5 in 2007).

Baziquetto-Allen, Makiah Adams, and Riley Hays were recent guests on the Sportsguys show. Click on the audio icon to hear their interview.

Liberal hosts a Powerada scrimmage August 23 at 4 p.m. before their first game August 28 against Southwestern Heights at 6 p.m. in the Big House.

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