

<http://www.KSCBNews.net/news/index.cfm?nk=15940>

Road to Topeka Begins for Redskin Spikers

Liberal's volleyball players have spent the past couple of weeks tired and little banged up after grueling practices their head coach calls "Road to Topeka." The Redskins ramped up their workouts this August under third year head coach Thais Baziquetto-Allen with a focus on increasing physical and mental toughness. The Redskins went 15-20 last season after five straight winning seasons (26-13, 24-14, 29-12, 32-7, and 31-5) dating back to 2006. But a determined group returns to stick their respective flag back into the Redskin fort as a winning program.

There will be plenty of familiar faces to try to take this team to a championship level. There are seven seniors including Kaitlyn Ralston, Diana Chavira, Cynthia Cisneros, Riley Hay, Makiah Adams, Marisol Regalado, and Elizabeth Maxwell. Ralston and Cisneros are both setters and allow Liberal to go with a 4-2 allignment. Hay is Liberal's libero and returns to the lineup after a medical situation kept her out last year. Adams is expected to be a stalwart on the outside.

The junior class features to returning starters including all WAC performer Jai Chapman who moves from the outside to the middle this season. Garcia is expected to start for LHS again this season.

The two sophomores are Megan Besecker and Keynatra Houston. Both are expected to start.

Liberal hosts Southwestern Heights Tuesday night at 6 p.m. and goes to Garden City's new facility Thursday to play Great Bend at 5 p.m. and Garden City at 6 p.m.

August 28- Southwestern Heights 6 p.m.

August 30- at Garden City quad

September 8- at Ark City Tournament

September 11- Liberal quad 4 p.m.

September 15- Liberal Tournament 8:30 a.m.

September 20- at Kingman quad

September 25- at Dodge City quad

October 1- at Colby quad

October 6- at Derby Tournament

October 13- WAC Tournament at Liberal

October 20- Sub State

October 26-27- State in Topeka

[KSCB News](http://www.KSCBNews.net)