

ONLINE EXCLUSIVE

MENU: Whataburger fans were upset when this item disappeared. It's finally coming back. Read more at [ExpressNews.com/only-online](https://www.expressnews.com/only-online).



SPORTS

Wembanyama's debut with Spurs won't take place in California. **B1**

# San Antonio Express-News

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## SPORTS

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BASKETBALL

### Area coach, Spurs doctor team to educate

Free website venture teaches skills, proper training techniques

By Tom Orsborn  
STAFF WRITER

Charlie Boggess was in the stands at an AAU basketball tournament in Las Vegas several years ago when he fully realized how much the game had changed since his days as boys basketball coach at Alamo Heights.

"My brother John and I were watching a game John's son was playing in," Boggess said. "Alec

was a good player and was playing in the upper echelon of AAU, and there were a lot of college coaches there and some really great athletes."

Despite those positives, something just wasn't right in the gym.

"John and I are watching the games, and he said, 'Is this a bunch of mess we are watching out here?'" Boggess said. "And I said, 'yeah, pretty much. There's a lot of athleticism but not much real basketball.'"

Out of that realization grew True2Hoops.com, a comprehensive website the Boggesses put together with an assist from Spurs team doctor David

Schmidt and other experts to teach young players the game's fundamentals and proper training techniques.

"We started discussing how we were going to reverse the trend and get back to some of the things we grew up with, so we had this idea about a training website," Charlie Boggess said. "The whole idea was to build a vast, basketball-teaching library that would encompass the development of the entire kid — boy or girl — to cover everything from the physical to the mental to the emotional, all the things that make a good player a good player and a good team a good team."

Education continues on B3



Kin Man Hui/Staff photographer

From left, Charlie Boggess, David Schmidt and John Boggess are behind True2Hoops.com, a free basketball education site.

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### EDUCATION

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True2Hoops.com contains dozens of instructional videos. It also includes testimonials from Sean Elliott, the former Spurs star turned broadcaster, and Doc Rivers, another former Spur and a longtime NBA coach who led the Boston Celtics to a championship in 2008.

"I got in touch with Doc," Charlie Boggess said, "and he said, 'Coach, you are onto something here. But you are preaching to the choir. We have world-class athletes (in the NBA), but we have to do the exact same thing — teach them how to play.'"

The website aids coaches in reaching that goal.

"For middle school kids, we have covered everything from ballhandling and shooting and passing," Charlie Boggess said. "For high schoolers, there are videos on how to beat a zone and how to play a zone."

True2Hoops.com also includes information about injury prevention and rehabilitation, as well as the importance of proper rest and nutrition.

"One of the things we were asking is, 'Should they actually be playing this many games?'" John Boggess said of AAU players. "And Charlie said, 'No, no, this really shouldn't be happening.' So we said, OK, what are we going to do about it?"

That question led to a collaboration with Schmidt and his col-

leagues at Sports Medicine Associates of San Antonio after a meeting between them and the Boggess brothers in June 2020.

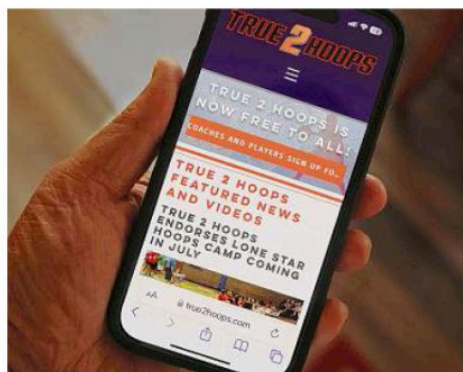
John Boggess, a former San Antonio Water System communications director and vice president, brought to the venture his expertise as a communications professional with more than 35 years of public and private sector program development and management.

"The first people we went to see were David and Timothy Palomera," Charlie Boggess said. "And David said, 'We are seeing kids at younger and younger ages getting injuries they have no business having at that age, and it's strictly from overwork.'"

"... We might not have done this if David had not said, 'This is a great idea and I want to be involved.' He was the catalyst for us."

Schmidt is one of the founders of Sports Medicine Associates of San Antonio, a local sports medicine practice that treats professional and amateur athletes and provides services for occupational injuries and concussion therapies. Palomera also works at the clinic.

"We are trying to educate kids about prevention, exercises, sleep, hydration, just the whole gamut of things 15, 16, 17 year olds just don't have access to, so we thought (True2Hoops) would be a good vehicle for us to do that," Schmidt said. "We have done a lot of educational videos and hope this provides kids with a reliable source of information



Kin Man Hui/Staff photographer

True2Hoops.com teaches players the fundamentals of the game and the importance of proper training, nutrition and rest.

about health and wellness."

Prep coaches nationwide, including Steele's Lonny Hubbard, have praised True2Hoops.

"A lot of people would do something like this for money, but they are trying to get it out there for the betterment of the game and to help players and coaches," said Hubbard, who has coached the Knights since 2018.

Endorsed by the Texas Association of Basketball Coaches, True2Hoops.com is looking for sponsors after being funded partly by some of Charlie Boggess' former players. After starting out as a subscription website at a cost of \$120 per year, True2Hoops.com is now free.

"We wanted to make this free

from the start, but we couldn't do that because of the start-up costs, and it isn't cheap to run a website like this," John Boggess said. "But we have been able to save up a little bit of money to take this through a few years."

The website is an asset to players who can't afford a personal trainer, Hubbard said.

"We are pretty fortunate out here at Steele that most of my kids have trainers and that kind of stuff, but I have some who do not have access to that kind of money," Hubbard said. "And this is something they can get on to get basically the same type of information without having to pay for it."

The Boggess name brings

great credibility to the project.

Charlie Boggess was inducted into the Texas High School Basketball Hall of Fame in May 2017. He compiled a 915-358 record in 37 1/2 seasons, going 785-309 in 33 seasons at Alamo Heights and 130-49 in 4 1/2 seasons at Antonian. He led Alamo Heights to the UIL Class 5A state tournament in 1988 and 1991, losing to Wichita Falls Hirschi in the semifinals in '88 and to Port Arthur Lincoln in the finals in '91. He guided Antonian to three district titles and a TAPPS state tournament appearance in 2012 that ended in the semifinals.

"I can't say enough good things about Charlie Boggess," said Hubbard, who faced Boggess' Mules while playing at Clemens. "That's one of the guys I consider a godfather as far as the game of basketball. I've got so much respect for him."

Charlie Boggess retired from Antonian in December 2015 as the area's winningest high school boys basketball coach.

"He was getting ready to retire, and we were talking about (starting True2Hoops)," John Boggess said, "and I said, 'man, you can't just walk away. You know too much.' That was all part of putting this together."

The hope is True2Hoops.com will lead to more basketball players becoming fundamentally sound and more aware of their limitations health-wise.

"The worst thing a coach has to do is break a bad habit," Charlie Boggess said. "We want players not to have those bad habits."