When Ramon Williams joined the Virginia Amateur Sports board of directors in 2018, the fit was as natural and comfortable as a great pair of basketball shoes.

And Williams knows a thing or two about wearing basketball shoes.

Ramon and twin brother Damon have been holding the Twin Hoops basketball camp in Roanoke for more than 25 years, teaching kids the game and lessons of life in a week-long camp each summer. Last year, the Commonwealth Games received a grant to offer a one-day Hoop It Up clinic to underserved youth in and around Lynchburg. That will be June 4, although technically it is an event that was planned for 2020 that was forced to be postponed because of the pandemic.

That event will feature a skills competition in addition to instruction. Campers will also hear from guest speaker Roger Ayers, a highly accomplished NCAA basketball referee who has worked games in the Final Four. The clinic will be at the LaHaye Student Union Center on Liberty's campus.

Expanding the influence of Twin Hoops to help kids in the Lynchburg area was a natural for Ramon Williams. He's used his camps as a way to give back since they started.

"It's more than just basketball" Ramon Williams said. "The lessons of sports are the lessons of life."

Campers can be of any skill level, but they are taught more than just hoop skills. The lessons will be about the importance of discipline on and off the court, teamwork, character, sportsmanship and physical fitness.

Ramon and Damon Williams were well known to any sports fan in Western Virginia in the early 1980s. They dominated the local high school basketball scene, playing for William Fleming. When it was time to choose a college destination, they chose to stay together and close to home, heading to VMI in 1985. They were stand-outs for the Keydets, earning all-Southern Conference honors and finishing their careers as the third and fourth leading scorers in VMI history. Ramon, for what it's worth, was third on the list, having scored exactly eight more points in his four-year career than Damon – 1,630 to 1,622.

Ramon Williams got into college coaching and spent time as an assistant at several schools, including DePaul University, Ohio University and Virginia Tech. When he left Tech in 2014, Williams returned to VMI to work for the VMI Foundation seeking major gifts.

Coaching suited Williams just like serving kids in the camps.

"I had a lot of mentors and I think everyone needs mentors," he said. Imparting wisdom, knowledge and lessons learned is vital.

Williams said he is happy to work with VAS, as well as the YMCA, the Boys and Girls Clubs and even the Covington Boys Home, where he also serves on the board.

My background lends itself to being on the board (of VAS) and I was happy to join. I'm committed to helping the community," he said.

***The June 4th clinic is now full and cannot accept additional youngsters due to the spacing protocols. Please continue to check our website and social media post for additional clinics in the future.