



El Cajon Valley Boys Basketball Team Earns Wings-n-Things Victory With Honor Award

The El Cajon Valley High boys basketball team, winners of the 2014-15 CIF San Diego Section Division III championship, has been named the CIF's Wings-n-Things Victory with Honor Award recipient for the winter season.

The Braves' basketball championship was the first ever for the El Cajon boys team, coming 24 years after the girls team won the 1991 Division II title. For anyone familiar with prep sports in the San Diego Section, it was a classic feel-good story.

"Everyone knows the history of El Cajon," said head boys coach Marty Ellis. "El Cajon just hasn't competed at this level. That's one big reason it feels so good."

According to Ellis, the team became a "brotherhood. It's not just about basketball," he said. "It's about knowing each other for the rest of our lives. Among the 11 of us, nine players and two coaches, we're going to be able to come together and reminisce about 2014-15 for the rest of our lives."

As the sponsor of the first-year recognition program, Wings-n-Things will cater a party for the team, its coaches, and the school personnel that supported them. It promises to be festive.

"These are some funny guys," Ellis said. "They're comedians off the court. They want to hang out forever."

CIF San Diego Section Commissioner Jerry Schniepp said the Braves exemplify the CIF's Victory With Honor slogan. "That's a great team," Schniepp said. "Their coaches were outstanding, and the players took the coaching to heart. They've brought pride to their entire school, which is what high school sports are all about."

The award was initiated to recognize more than athletic excellence, Schniepp said. "There are so many aspects of high school athletics that are valuable in the development of young people," Schniepp said. "Teamwork, respect, honesty, perseverance. Anyone who has competed knows these things. But it's important to remind folks of the character traits that athletics teach. We're real pleased to have the support of Wings-n-Things, so we can honor teams that exemplify those traits."