

Vallance Community Sports Association

NEWSLETTER by Mohamod Kibria Designed by Shamim Miah

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New Website

Things are changing here at the Vallance Community Sports Association (VCSA)! We are delighted to announce our brand new web site. If you visit www.vallancecsa.org.uk now you will notice something very different about us. After months of consultation with our young members and users we are presenting our new web site! After all we are providing a service for them so it's natural to get them involved. Our web site has been given a complete make-over and will feature a new and improved Feedback Area – We will like to hear your comments on the new web site and about our projects and services in general so please email: info@vallancecsa.co.uk We are always striving to get better and provide a unique service for our members.

Vallance Pay Respect

All the Vallance FC team games over the weekend of 8th-9th November 2014 were started with a minute silence for the people who lost their lives during both World Wars.



Vallance FC Senior team



CHARTER STANDARD
DEVELOPMENT CLUB



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<https://twitter.com/vallancefc>



LONDON YOUTH
QUALITY MARK

Silver Accredited Status

Vallance FC – Player profile



Name: Adam Hussain
Age: U12
Favourite football team: Chelsea
Favourite player: Hazard
Favourite subject at school: PE

1. What team do you play for? Vallance FC U13
2. What position do you play? Left Wing
3. Do you like training with vallance? Yes
4. What do you want to do after school? Become a PE Teacher

Players of the Month

January 2015



Under 7
Samiur Rahman



Under 9
Josh Boucher



Under 10
Shahriya Khan



Under 11
Ismail Uddin



Under 12
Ethan Rashid



Under 13
Rayhan Islam

Jack Petchey Foundation Achievement Award

Aman Haque has been awarded the **Jack Petchey Foundation Achievement Award** for January 2015 because of his hard work and volunteering time in training.



International Day of Disabled People 2014

Tower Hamlets Sports Development team in partnership with the Vallance Community Sports Association held a day of sports activities for disabled adults on Monday 1st December 2014 from 10am–12pm in the Sports Hall at Mile End Park Leisure Centre. That day was International Day of Disabled People. On the day a range of sports providers did different activities for participants to take part in. Over 90 participants with various forms of disability attended. Vallance who lead the sessions every Monday were involved in co-ordinating the activities and supporting all the participants. At the end of the session there were refreshments and photos taken.



Vallance FC U8 Starts

Vallance FC has put two U8 teams in the *Tower Hamlets Youth League U8 division*. The games are 6 a side and played every 2 weeks at the Mile End mini pitches. The A team consists of U8 players and the B team is all U7 players. Salman Khan aged 18 who just completed his FA Level 2 in coaching football will coach and manage the B team. He said *"I am very happy to get my first side and it's the U7 team. I can get to coach them the way I want to play football and hopefully they will grow with me as footballers"*. The A team will be managed by Junel Uddin and he said *"It's a great idea to have local U8 boys playing regular football against other teams. But it's also important to remember they are playing for fun and that's what we will encourage them and winning comes second. They are growing as players and need to enjoy football now"*.



Results

SUNDAY 18th January 2015

East London Sunday Football League Division 1:

Vallance FC- 0 vs Athletico Bow- 2

East London & Essex Junior Football:

Vallance U13- 2 vs White star U13- 2

Vallance U11- 1 vs Eclipse U11- 6

SUNDAY 25th January 2015

East London Sunday Football League Division 1:

Vallance FC- 2 vs Young Prince- 1

East London & Essex Junior Football:

Vallance U11- 1 vs Walthamstow U11- 2

Vallance U10- 9 vs Redbridge U10- 0

Volunteers Wanted

Are you aged 16-25 and not in education or working?

You can now get involved with Vallance and take part in their programmes as a volunteer. There are roles from football coaching to administration. As a volunteer you will be sent on training courses and reimbursed for your expenses.

For details and to book a place please contact Junel Uddin:
info@vallancecsa.co.uk



TOWER HAMLETS

Vallance CSA Funders & Sponsors



Aims and Objectives of VCSA

A service to youths between the age of 8-25, in Bethnal Green and surrounding areas of Tower Hamlets.

Creating a team spirit and identity, to foster healthy competition rather than hostility and violence

Promote and celebrate diversity, harmony and co-operation amongst communities regardless of race, creed, gender etc and foster and encourage shared interest and goals

Promote healthy living through dieting, regular physical training and abstention from substance abuse to improve and maximize overall health

To widen young peoples horizons by helping them to develop skills, talents and to compete in the widest forum possible

To create a physically stimulating environment, which will channel energy and relieve stress and enable young people to bridge the gaps between peer groups from different areas

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The views expressed in this newsletter are those solely of the VCSA staff team and not necessarily of those of the VCSA trustees and its funders.