

Vallance Community Sports Association

NEWSLETTER by Mohamod Kibria Designed by Shamim Miah

VOLUME 9 – ISSUE 11 – 1st May 2017

First Aiders at Vallance FC

As part of the Coach education programme at Vallance FC, on Sunday 5th March 2017 seven coaches and volunteers took part in the **FA Basic Emergency First Aid course**. Held at the Douglas Eyre Sports centre in Walthamstow, The FA Emergency Aid course aims to provide the participant with the knowledge, practical skills and confidence to be able to attend a conscious or unconscious casualty, ensuring that appropriate care is given until the emergency medical services arrive and takeover, or until an alternative healthcare professional(s), assumes responsibility for the casualty. It will offer basic advice on how to limit the effects of injury and promote recovery.



CHARTER STANDARD
DEVELOPMENT CLUB



Disability Workshop

On Tuesday 21st March at the Velodrome in the Queen Elizabeth Park, Seven Vallance sports coaches took part in a 3 hour workshop. The **Coaching Participants with a Learning Disability workshop** provide practical knowledge in how to deliver fun and engaging sports sessions for participants with a learning disability. This was focusing on Understanding learning disability, Barriers to participation, Accessible communication, Ideas for coaching and how to adapt and Coaching and engaging participants with complex learning disabilities.

Project manager Junel Uddin who took part said *"This workshop is very important for our coaches because one of our major projects is working with people with a disability"*.



Vallance FC Complete Season

The Vallance FC senior team have finished mid table in the **East London Barking & Dagenham Sunday Football League**. The last game of the season was played on Sunday 26th March 2017 and Vallance FC beat last season Division 1 champions AC Nightingale 2-0. Goals were scored by the Captain Zishan Ahmed who finished as the top scorer for Vallance FC and the other goal was by 17 year old Aqeel Ali. Manager Junel Uddin said *"This season I gave debuts to six players from our academy that was 16 years old. The most impressive is Aqeel Ali who will definitely be a future captain for the team. All the players from this team are graduates from the Vallance Academy with the oldest being 24. Now we will train and prepare for the BFA Summer league 2017, and for next season I intend to take players from our current U16 team to play for me"*.

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 <https://twitter.com/vallancefc>

 @Vallancefc

London
Youth
QUALITY MARK
SILVER ACCREDITED

Vallance FC – Player profile



Name: Dawud Haque
Age: U10
Favourite football team: Chelsea FC
Favourite player: Messi
Favourite subject at school: Maths

1. What team do you play for? Vallance FC U10
2. What position do you play? Defence
3. What Other Sport Do You Like? Basketball
4. What do you want to do after school? Become a Businessman

Players of the Month

March/April 2017



Under 7
Ishaqur Rahman



Under 7
Zidhan Uddin Khan



Under 9
Yunus Rasel



Under 10
Muhammed Raihan



Under 10
Zain Haque



Under 11
Omar Shaheen

Jack Petchey Foundation Achievement Award

Omar Shaheen has been awarded the **Jack Petchey Foundation Achievement Award** for April 2017 because of his hard work and determination in training.



Mayors Cup 2017

The Tower Hamlets Mayors Cup 2017 football tournament was held over 2 weekends in April 2017. The annual football event attracts over 500 participants aged from 7 to senior. Once again Vallance FC had a team in every age group. Also Vallance FC kept up their record of having at least one winner since the introduction of the Mayors Cup in 2011 with Vallance FC U11 and U16 winning this year.

Vallance FC Mayors Cup 2017 standings:

- U8 A Group stages
- U8 B Group stages
- U9 A Runners up
- U9 B Group stages
- U10 Group stages
- U11 Winners
- U12 Group stages
- U13 Runners up
- U14 Group stages
- U16 Winners
- Senior Group stages



Junior Teams League Finished

All the Vallance FC junior teams have completed their games in the **Hackney Marshes Saturday Youth Football League**. This is the first season in this league and it has been a great success for the club because we are getting parents bringing their son and staying behind and cheering them on. The U8 and U10 were in the friendly leagues and most of the players were playing league football for the first time. The U12 team finished mid table and the U14 team finished 3rd.

London Youth Tournament

During the Easter 2017 holiday Vallance FC U14 had 3 teams competing in the **London Youth Football Festival**. The 5 a side football tournament was held at the Shoreditch Power League pitches on Tuesday 11th April 2017. Vallance B and C went out at the group stages and Vallance A made it to the semi-final and lost 4-3 to Springfield U14.



Disability Kwik Cricket

As part of the Disability Sports Programme Vallance in partnership with the **CORE Sports Project** held a Kwik Cricket competition. All the participants have a form of disability but that did not stop them from taking part in this fun event. Over 50 participants played at the Attlee Centre on Wednesday 19th April 2017. Three disability organisations from Tower Hamlets which included **APASEN, BPCA** and **CORE Project** participated. Eventual winners were the CORE Project but all the participants got a medal and certificate.



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.org.uk



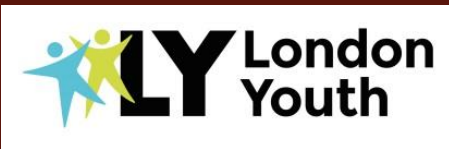
TOWER HAMLETS

Vallance CSA

Funders & Sponsors



CANARY WHARF CONTRACTORS FUND



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

Volume 9, Issue 11

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