

# Vallance Community Sports Association

NEWSLETTER by Mohamod Kibria Designed by Shamim Miah

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## October 2015 Half Term Programme

During the October 2015 half term Vallance held 5 days of activities. There was football coaching at Weavers Field 11am to 1pm for boys aged 6-12 years old. At Meath Gardens there were multi sports sessions for the **One Housing Group** young residents.

Over 100 young people attended all the sessions.



## Coaches Youth Module 1 Taster

After the Saturday football coaching sessions at Weavers Field Vallance FC coaches took part in a FA Youth Module 1 taster session. This was taken by Chris Abel who is a FA Skills coach. Vallance FC is working in partnership with the FA to deliver sessions and maintain their Development status.



## London Youth Football Tournament

On Thursday 29th October 2015 Vallance FC U16 and U14 took part in the **London Youth Football Tournament**. This 5 a side tournament takes place every half term holiday at the Power League pitches at Shoreditch. Vallance U14 (Pictured right) won their age group undefeated and the U16 team finished 3rd.



CHARTER STANDARD  
DEVELOPMENT CLUB



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<https://twitter.com/vallancefc>



LONDON YOUTH  
**QUALITY MARK**

Silver Accredited Status

# Vallance FC – Player profile



Name: Deen Hafiz  
Age: U10  
Favourite football team: Arsenal FC  
Favourite player: Alexis Sanchez  
Favourite subject at school: Maths

1. What team do you play for? Vallance FC U10
2. What position do you play? Striker
3. What Other Sport Do You Like? Table Tennis
4. What do you want to do after school? Become a Doctor

## Players of the Month

November 2015



Under 7  
Ilyes Sibous



Under 9  
Yamin Ahmed



Under 9  
Faizan Chaudhary



Under 10  
Ibrahim Abdullahi



Under 11  
Samir Hussain



Under 12  
MD Adnan Hussain



Under 14  
Jermaine Marshall



Under 16  
Sadik Munna

## Jack Petchey Foundation Achievement Award

Deen Hafiz has been awarded the **Jack Petchey Foundation Achievement Award** for November 2015 because of his hard work and determination in training.



## FA Coach Mentor leads warm up

FA Coach Mentor Liton Zaman delivered a Warm Up session for the Vallance FC U14 players at their training session on Friday 13th November at the Mile End leisure centre. The session is similar to what he delivers for the U14 West Ham United team for which he is the assistant manager. Vallance FC Coaches were present to take notes and use this as part of their CPD.



## Specialist Hockey event

On Wednesday 25th November at the Attlee centre there was an afternoon of Hockey for the SEN participants. Around 50 people took part in the Hockey tournament and other indoor and outdoor sports activities that was available. This is a quarterly event that will take place for people with a disability and will focus on a particular sport every time. Everyone got a medal and certificate for participating. Vallance run this in partnership with the **Core Project**.



## Results

SUNDAY 1st November 2015

**East London Sunday Football League 1<sup>st</sup> Division:**

Vallance FC- 4 vs Haringay Town- 4

**East London & Essex Junior Football League:**

Vallance U14- 2 vs Centre SA U14-2

Vallance U11- 2 vs Youngster U11-1

SUNDAY 8th November 2015

**East London Sunday Football League 1<sup>st</sup> Division:**

Vallance FC- 2 vs Cranes FC- 2

**East London & Essex Junior Football League: League:**

Vallance U14- 1 vs Aldersbrook U14-0

Vallance U11- 1 vs Walthamstow Wolves U11- 7

SUNDAY 15th November 2015

**East London Sunday Football League 1st Division:**

Vallance FC- 5 vs Mabley FC-1

**East London & Essex Junior Football League:**

Vallance U14- 10 vs CM Futsal U14-1

Vallance U11- 1 vs Globe U11- 9

SUNDAY 22nd November 2015

**East London Sunday Football League Jubilee Cup Group 3:**

Vallance FC- 1 vs Hatch Lane FC-1

**East London & Essex Junior Football League:**

Vallance U14-3 vs East Ham Rover U14- 1

Vallance U11- 5 vs St Thomas of Canterbury U11- 3

## 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](mailto:info@vallancecsa.org.uk)**



Merry Christmas & Happy New Year

From All Vallance CSA  
Staff/Volunteers!

# 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

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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.*