

Vallance Community Sports Association

NEWSLETTER by Mohamod Kibria Designed by Shamim Miah

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Youngsters Take Penalties

Two young players from the Vallance FC Junior teams had a once in a life time opportunity to take a penalty at Half time during a Premier League game at Upton Park. On Saturday 21st March 2015, Zayn Ahmed of Vallance U8 and Maui Hoete of Vallance U11 went to the West Ham Utd vs Sunderland game along with their dads and 2 Vallance coaching staff and took a penalty



at the goal in the Bobby Moore stand end. This opportunity was given by the **West Ham United Foundation** who works in partnership with Vallance FC.

Head Coach Rewarded

Mohammed Iqbal Hussain who is a founder member and now the Head of the Football Academy at Vallance FC was rewarded for his contribution to the Sporting Community in the borough with the **Tower Hamlets Civic Award**. He was chosen by a panel of 5 which included local Councillors. The award was presented on Thursday 26th March 2015 at the Town Hall. He was not there to receive it because he was flying out that day with his family to perform Umrah in Saudi Arabia. His Nephew and a junior football coach at Vallance FC Shuaib Ahmed received the award for him.



Well Done Mohammed Iqbal Hussain!

Easter Holiday Football

During the Easter 2015 school holiday Vallance FC held 4 days of football coaching at Weavers Field. The sessions were for 5-16 year old boys and there were a total of over 50 that attended. The training included basic football warm up and competitions. This project is part of the Vallance **Community Sports Programme**.



CHARTER STANDARD
DEVELOPMENT CLUB



This issue

- Youngsters Take Penalties 1
- Head Coach Rewarded
- Easter Holiday Football
- Players of the Month 2
- JPF achievement award
- Mayors Cup 2015 3
- Summer 2015 Disability Sports Session Starts
- BFA Challenge Cup
- Results
- Funders & Sponsors 4

 <https://twitter.com/vallancefc>



LONDON YOUTH
QUALITY MARK

Silver Accredited Status

Vallance FC – Player profile



Name: Musa Khan
Age: U9
Favourite football team: Man UTD
Favourite player: Angel Di Maria
Favourite subject at school: ICT

1. What team do you play for? Vallance FC U9
2. What position do you play? Forward/Striker
3. Do you like training with vallance? Yes
4. What do you want to do after school? Become a Footballer

Players of the Month

March/April 2015



Under 7
Ayaan Rahman



Under 8
Arman Hussain



Under 9
Raihaan Khan



Under 11
Hamzah Ahmed



Under 11
Abdul Mumin



Under 12
Redwan Ahmed

Jack Petchey Foundation Achievement Award

Redwan Ahmed has been awarded the **Jack Petchey Foundation Achievement Award** for May 2015 because of his hard work and determination in training.



Mayors Cup 2015

Over 2 weeks in April 2015 the annual **Tower Hamlets Mayors Cup Football** tournament took place at Victoria Park and Mile End sports centre.

Vallance FC had a team in every age category from U8 to senior. For the 5th year in a row were at least 2 teams in the finals and also 4 teams making it to the semi-finals.



Summer 2015 Disability Summer Programme Starts

At the Mile End sports centre on Thursday 16th April 2015 Vallance launched the *summer 2015 Disability sports programme*.

It will run for 5 weeks which will end the Annual SEN (Special Educational Needs) Sports day on Monday 18th May 2015 at the Mile End stadium. The programme is open to people with disability and the sessions are run by qualified sports coaches.



VCSA project manager Junel Uddin said "This is the 7th year of the programme and we are getting larger numbers attending. We leave the sports sessions open and the participants can choose what sport they want to participate in. We are here to help and guide them".

During the summer there will be accredited workshops catered for SEN participants.

For details on how to participate please email: info@vallancecsa.co.uk

BFA Challenge Cup

Vallance FC took part in the **BFA Challenge cup** tournament held at Wanstead Flats on Sunday 26th April. The team was in Group B along with ACE FC, Ponders End and Osmani FC. Vallance did not qualify for the semi-finals. The tournament was used as a warm up for the team's preparation for the BFA Summer League which starts in May 2015.

Results

SUNDAY 1st March 2015

East London & Essex Junior Football:

Vallance FC U13- 2 vs Wapping Warriors U13- 1

SUNDAY 8th March 2015

East London & Essex Junior Football:

Vallance FC U13- 1 vs East Ham Rovers U13- 1

Vallance FC U11- 2 vs West Essex Colts U13- 4

SUNDAY 15th March 2015

East London & Essex Junior Football:

Vallance FC U13- 2 vs Elite Pro Sports U13- 1

Vallance FC U11- 3 vs Ilford Colts U13- 3

Vallance FC U10- 4 vs St Thomas U10-1

Sunday 22nd March 2015

East London & Essex Junior Football:

Vallance FC U11-2 vs Clissord Rangers U13-1

Vallance FC U10- 3 vs Aldersbrook U10-1

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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