

Vallance Community Sports Association

NEWSLETTER by Mohamod Kibria Designed by Shamim Miah

VOLUME 9 – ISSUE 5 – 1st May 2016

Specialist Sports Event

On Wednesday 23rd March 2016 at the Attlee Centre there was a day of sports activities for around 60 lucky people. It was the **Specialist Sports Event** which is held every 3 months by Vallance in partnership with the **Core Project**. All the participants have a disability and are involved in the **SEN Health Development Programme** which is run weekly by Vallance. At the event there was Indoor and Outdoor Cricket, Soft Tennis, Hockey and football. All the participants got a certificate for taking part.



CHARTER STANDARD
DEVELOPMENT CLUB



School Holiday Fun

During the Easter 2016 School holiday there was 6 days of Fun Football for local young boys aged 6-16 years old. It was held at Weavers Field and was attended by over 60 participants over the 2 weeks. On the last day there was a friendly tournament.



Good Try

Vallance FC U14 took part in the **London Youth Football Tournament** on Thursday 7th April 2016. The 5 a side tournament is held every School holiday at the Shoreditch Power League pitches. The team won their group but eventually lost in the Semi-finals to the eventual winners.



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 <https://twitter.com/vallancefc>

London
Youth
QUALITY MARK
SILVER ACCREDITED

Vallance FC – Player profile



Name: Elias Qabuly
Age: U10
Favourite football team: Liverpool FC
Favourite player: Sturridge
Favourite subject at school: Maths

1. What team do you play for? Vallance FC U10
2. What position do you play? Goal Keeper
3. What Other Sport Do You Like? Cricket
4. What do you want to do after school? Become a Cricket Player

Players of the Month

March/April 2016



Under 7
Mikail Syed



Under 8
Rayyan Chowdhury



Under 9
Kawsar Chowdhury



Under 10
Mohamed Issa



Under 11
Adnan Hussain



Under 11
Armaan Uddin



Under 12
Azhar Chowdhury



Under 14
Rayhan Islam

Jack Petchey Foundation Achievement Award

Rayhan Islam has been awarded the **Jack Petchey Foundation Achievement Award** for March 2016 because of his hard work and determination in training.

Mayors Cup 2016

The Tower Hamlets Mayors was held over 2 weekends in April 2016. The annual football event attracts over 500 participants aged from 7 to senior. Once again Vallance FC had at least 2 teams 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 the Vallance FC U8 B team winning.

Vallance FC Mayors Cup 2016 standings:

- U8 A semi-finalist
- U8 B winners
- U9 A semi-finalist
- U9 B group stage
- U10 A group stage
- U10 B group stage
- U11 A group stage
- U11 B group stage
- U12 runners up
- U14 semi-finalist
- U16 semi-finalist
- Senior semi finalist



On The Course

On Wednesday 26th April 2016 seven members of the Vallance Disability Sports coaching staff took part in a workshop. The course was on Disability Awareness in Sports. It was a three and a half hour workshop providing information on different types of disability and how to adapt and modify sports sessions for these different disabilities. The course also covered legislation, international disability sporting events, and effective communications styles.



Results

SUNDAY 6th MARCH 2016

East London & Essex Junior Football League:

Vallance U14- 11 vs Aldersbrook U14- 0

Vallance U11- 5 vs Walthamstow Wolves U11- 2

East London Sunday Football League:

Vallance FC- 0 vs Hatch Lace FC- 4

SUNDAY 13th MARCH 2016

East London & Essex Junior Football League:

Vallance U14- 5 vs CM Futsal U14- 1

Vallance U11- 8 vs West Essex Colts U11- 2

SUNDAY 20th MARCH 2016

East London & Essex Junior Football League:

Vallance U14- 14 vs Eastham Rovers U14- 0

Vallance U11- 4 vs St Thomas of Canterbury U11- 0

SUNDAY 3rd APRIL 2016

East London & Essex Junior Football League:

Vallance U14- 2 vs Whitestar U14- 1

Vallance U11- 0 vs Aldersbrook U11- 5

SUNDAY 10th APRIL 2016

East London & Essex Junior Football League:

Vallance U14- 3 vs Vestry FC U14- 1

Vallance U11- 8 vs Redbridge U11- 3

SUNDAY 17th APRIL 2016

East London & Essex Junior Football League:

Vallance U14- 5 vs Centre SA U14- 1

Vallance U11- 3 vs East London Colts U11- 4

SUNDAY 24th APRIL 2016

East London Sunday Football League:

Vallance FC- 1 vs Nightingale FC- 3

East London & Essex Junior Football League:

Vallance U14- 5 vs Asianos U14- 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.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

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