

Vallance Community Sports Association

NEWSLETTER by Hamidul Islam Designed by Shamim Miah

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Americans in Town

Vallance U18 took on a team from Detroit in America on Sunday 23rd March 2014 at Meath Gardens in Bethnal Green. Clippers U18 play in the **MLS Youth League** in their home town are on a European tour.



Vallance U18 was too strong and won the game 5-0. Vallance manager Junel Uddin said "it was a pleasure playing this game with Clippers from America. The boys enjoyed it and made friends from the other side of the world".

Disability Sports Programme

Vallance Community Sports Association is proud to announce their 6th annual Disability/Special Educational Needs (SEN) Multi Sports Coaching programme which is funded by LBTH Youth & Connexions Services, Positives Activities for Young People (**PAYP**). The 8 week Programme starting on Tuesday 13th May 2014 will have 2 multi sports sessions a week at the Mile End Leisure centre outdoor pitches taken by qualified sports coaches. The sessions will have a range of sports available from football, cricket, hockey, bocchia and Athletics. There will be activities available for wheel chair users on certain days. The programme will also include a series of workshops catering for people with SEN & LDD. All the workshops are accredited with AQA. The Disability Sports Programme will lead up to the SEN/LDD Sports day on **Tuesday 24th June 2014** at the Mile End stadium.

Over the last 5 years the programme has been very successful so to avoid disappointment please contact Junel Uddin for session bookings.

Grant for Sports Coaching

Vallance CSA received a small grant from the **Canary Wharf Contractors Fund**. This will go towards an 8 week summer sports coaching programme. Vallance Project manager Junel Uddin went to receive the cheque from the CEO at the Canary Wharf Contractors on Thursday 3rd April 2014 at Canary Wharf.



CHARTER STANDARD CLUB



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<https://twitter.com/vallancefc>

Summer Football

Vallance FC has the following teams competing in summer 2014 Leagues:

Vallance Youth- BFA Summer League 3rd Division

Vallance U10 A & B- Tower Hamlets Youth League

Vallance U12 A & B- Tower Hamlets Youth League

Vallance U16- Tower Hamlets Youth League

Vallance FC – Player profile



Name: Hamza Pasha
Age: 11
Favourite football team: Man UTD
Favourite player: Juan Mata
School Attended: Bygrove Primary School
Favourite subject: Maths
Favourite food: Chicken Korma

1. What team do you play for? Vallance FC U11
2. What position do you play? Centre Back
3. Do you like training with vallance? Yes
4. What do you want to do after school? Become A Doctor

Players of the Month

March/April 2014



Under 7
Amman Shahid



Under 9
Ibrahim Abdulli



Under 10
Anes Merabet



Under 10
Ubayd Noor



Under 11
Md Samir Miah



Under 11
Usman Zaman



Under 11
Miraj Hoque



Under 13
Sadik Munna

Jack Petchey Foundation Achievement Award

Sadik Munna aged 12 has been awarded the **Jack Petchey Foundation Achievement Award** for April 2014 because of his hard work and commitment in training and games.



Mayors Cup 2014

Vallance FC had 10 teams competing in the annual **Tower Hamlets Mayors Cup** football tournament.

It all kicked off on Saturday 29th March 2014 with the U14, U16 and U18 teams playing 11 a side at Victoria Park. Vallance U14 and U18 won their respected groups and made it through to the semi-finals. Both won and made it to the finals. Vallance U16 finished 3rd in their group. On Sunday 30th March it was the senior tournament. Vallance FC were in group A and finished 3rd in their group. The junior tournament kicked off on Saturday 5th April with the U8, U9, U10, U11 (*picture below*) playing 5 a side and the U12 playing 7 a side. Vallance U9, U10 and U12 won their groups and made it to the finals. All the finals were played on Sunday 6th April at the Mile End Stadium. Vallance had 5 teams that made it to the finals, it was a great achievement. Well done to all the boys...

Results:

Vallance U18-0 vs Acorn U18-1
Vallance U14-0 vs Westward Boys U14-1
Vallance U12-0 vs Osmani FC U12-2
Vallance U10-5 vs Victoria Park Rangers-2
Vallance U9-2 vs Westward Boys U9-4



Manager Runs for Charity

On Sunday 25th May 2014, Junel Uddin who is the project manager at Vallance Community Sports Association will be running the Bupa 10K for Human Relief Foundation Water project. Did you know that one out of five deaths in children under 5 is as a result of the contraction of a water related disease... We take running water for granted at home!!! His fundraising page, where you can donate is now up: <http://www.justgiving.com/junelbupa10k> Junel01



Easter 2014 Activities

There was 2 weeks of activities provided by Vallance C.S.A. during the Easter 2014 break. The project was funded by the Tower Hamlets PAYP (Positive Activities for Young People) and attended by 40 boys and 10 girls aged 11-19 years old. There was 10 days of sports training at Weavers Field and the Mile End sports centre, also a Basic IT training workshop and a Basic Emergency First Aid training. All the participants were rewarded with trips to the Museum, Cinema (*pictured right*) and Bowling.



Results

SATURDAY 12th April 2014

Tower Hamlets Youth League U16 Cup semi-final:

Vallance U16- 3 vs SOUL FC U16- 2

SUNDAY 13th April 2014

Kent Youth League North Division:

Vallance U18-1 vs Cray Wanderers U18- 6

East London & Essex Junior Football League:

Vallance U12- 6 vs Clissord Rangers U12- 2

Vallance U12- 7 vs Clissord Rangers U12- 2

SATURDAY 19th April 2014

Tower Hamlets Youth League:

Vallance U16- 0 vs Manor FC U16- 1

SATURDAY 26th April 2014

Tower Hamlets Youth League:

Vallance U16- 5 vs SYA U16- 1

SUNDAY 27th April 2014

East London & Essex Junior Football League:

Vallance U10- 3 vs Interwood U10- 0

Vallance U12- 3 vs Rap Aid U12- 4

Vallance U12- 7 vs White Star U12- 2

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



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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