

# Vallance Community Sports Association

NEWSLETTER by Mohamod Kibria Designed by Shamim Miah

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## Summer 2014 Programme

Vallance held a 4 week summer programme titled “Live Strong”. The programme was funded by the **Tower Hamlets PAYP** (*Positive Activities for Young People*) and targeted at young people aged 8-19 years old.

During the summer there were sports coaching at Weavers Field and the Mile End sports centre. Young people also took part in Health Nutrition and IT workshops. Around 50 young participants took part during the summer and were treated to trips to the Cinema and Bowling.



## SEN Sessions Resume

The Special Educational Needs (SEN) sports sessions run by Vallance at the Mile End Sports Centre Gym will resume after the summer break. It will start on Monday 8<sup>th</sup> September from 10am to 12pm and continue every Monday until March 2015. The project is run in partnership with the Tower Hamlets Sports Development Team.

## Quality Mark

Vallance Community Sports Association has been awarded a **Bronze** Level London Youth Quality Mark, it's a quality assurance scheme and accredited by City and Guilds.

We are now working towards getting our Silver Level.



CHARTER STANDARD  
CLUB



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 <https://twitter.com/vallancefc>



LONDON YOUTH  
**QUALITY MARK**

Bronze Accredited Status

# Vallance FC – Player profile



Name: Arif Uddin  
Age: 10  
Favourite football team: Manchester City  
Favourite player: Sergio Agüero  
Favourite subject at school: ICT

1. What team do you play for? Vallance FC U11
2. What position do you play? Striker
3. Do you like training with vallance? Yes
4. What do you want to do after school? Become an Accountant or a Football Player

## Players of the Month

July/August 2014



Under 8  
Arafat Hussain Alif



Under 10  
Md Ismail Zain Uddin



Under 10  
Tayeb Nahim



Under 11  
Arif Uddin



Under 12  
Akram Mohamed

## Jack Petchey Foundation Achievement Award

Akram Mohamed has been awarded the **Jack Petchey Foundation Achievement Award** for August 2014 because of his hard work and commitment in training.



## U10 Keep up Record

The record of Vallance teams winning in the **Tower Hamlets Community Cup** since it began has continued by Vallance U10. On Saturday August 16<sup>th</sup> 2014 at the Mile End 5 a side pitches Vallance U10, U12, U14 and U16 teams took part. All the Vallance sides made it to the knock out stages but Vallance U10 went all the way to the final and won and has continued with the remarkable record of winning every tournament they have entered so far.



## Promotion for Youth Team

Vallance Youth have been promoting to the 2<sup>nd</sup> Division of the BFA Summer League. The team competing in the league for the first time finished runners up, they won 6 and lost 2. Manager Junel Uddin said "To get promoted at the first attempt is great. The team treated the league as Pre-Season training and was made up of U18 players mixed with a few senior players".



## Another Cup for U10

Vallance U10 capped off a great summer of football by winning the **Tower Hamlets Youth League U10 Cup**. The side which won was a mixture of the U10 A and B players. They won the cup undefeated.



## Power League Festival

On Thursday 31<sup>st</sup> July 2014 Vallance U16 took part in the **London Youth 5 a-side Power League Festival**. The team made it through the group stages and lost in the semi-finals to the eventual winners Somers Town Futures U16.



## 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](mailto:info@vallancecsa.co.uk)



## London Enterprise Academy

*"Learning for Life"*

A new free secondary school in Whitechapel, Tower Hamlets



### Year 6 Open Days

**Open Evening**  
4.00pm – 6.30pm  
Thursday 25 September

**Morning Visits**  
9.30am – 11.30am  
Monday 22 to  
Thursday 25 September

**Family Fun Day**  
12.00pm – 3.00pm  
Saturday 11 October 2014

**Venue:**  
Aneurin Bevan House,  
81-91 Commercial Road

Tel: 0207 426 0746

Mob: 07448567148

E-mail: [info@londonenterpriseacademy.org](mailto:info@londonenterpriseacademy.org)

# 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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*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.*