

Vallance Community Sports Association

NEWSLETTER by Muhibur Rahman Designed by Shamim Miah

VOLUME 5 – ISSUE 4 - 1st February 2011



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Vallance FC U9 growing

This season Vallance FC has entered the U9 team (picture above) in the **East London & Essex Junior Football League**. The team is managed by Peter Ashan and is growing in confidence in every game. The team recently beat SS Barking 1-0 on Sunday 23rd January with a man of the match performance from 8 year old Abdul Muhaymin Hoque. He is also training at **Pro Touch Soccer Academy (PTSA)** along with fellow U9 players Tanvir Ahmed Fahim and Sakariya Hassan. **PTSA** work in partnership with Vallance FC who provides advanced football coaching and have links with all the Professional London Clubs. Sakariya Hassan has just signed a one year professional schoolboy contract with Leyton Orient FC. Vallance FC U9 is currently 3rd in the league with 3 league games remaining.

February 2011 Half Term Programmes

During the February half term holiday Vallance FC will hold a 4 day Football Coaching Session at Weavers Field from Monday 21st to Thursday 24th February 11am to 1pm. *This programme is funded by **THE BBC CHILDREN IN NEED.***

VCSA's **YOUNG PEOPLES PROGRAMME** will run from Monday 21st to Friday 25th February in the February half term holiday in partnership with Tower Hamlets **PAYP (Positive Activities for Young People)**. There will be a Basic Emergency First Aid course, Sport Injury workshop and a variety of activities.

For more information email:
vallancefc@aol.com

Vallance FC – Player profile



- Name:** Anu Miah
Age: 13
School attended: St Pauls Way
Favourite football team: Man UTD
Favourite player: Ryan Giggs
Favourite subject at school: Maths
Favourite food: Rice and Curry
1. **What team do you play for?** VFC U13
 2. **What position do you play?** Midfield
 3. **Do you like the training at Vallance?** Yes
 4. **What do you want to do when you leave school?** Football player and coach

Players of the Month

JANUARY 2011



Under 7

Uth Ibn Abdur Rahman



Under 8

Minhaj Mahir Ahmed



Under 9

Jack Williams



Under 10

Outmane Trif



Under 11

Majhar Ahmed



Under 13

Machael Ogunbo

Annual Party

On Wednesday 8th December 2010 VCSA held their Eid and Christmas party at the Hayfield Restaurant in Mile End. In attendance was staff, volunteers and directors of VCSA. Also present was Bethnal Green South Ward Councilor Mizanur Chaudhury who is the Olympic Ambassador for Tower Hamlets.

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 in football coaching to administration. As a volunteer you will be sent on training courses and reimbursed for your expenses.

For details contact
Junel Uddin

Tel: 0203 441 9392



Results

Saturday 11th December 2010

Middlesex County 1st Division

Vallance FC – 1 Bethnal Green A – 2

Saturday 8th January 2011

Middlesex County 1st Division

GAME CANCELLED DUE TO BAD WEATHER

Saturday 15th January 2011

Middlesex County 1st Division

GAME CANCELLED DUE TO BAD WEATHER

Saturday 22nd January 2011

Middlesex County 1st Division

Vallance FC – 1 Bethnal Green A – 3

Saturday 29th January 2011

Middlesex County 1st Division

Vallance FC – 2 Greens UTD – 1

Sunday 12th December 2010

Kent Youth League U18 North

Vallance FC U18 – 3 Welling UTD U18 – 7

Kent Youth League U14 North

Vallance FC U14 – 1 Cray Wanderers U14 – 4

East London & Essex Junior Football League

Vallance FC U13 – 1 Interwood U13 – 5
 Vallance FC U11 – 2 Walthamstow Wolves U11 – 6
 Vallance FC U9 – 2 London APSA – 1

Sunday 9th January 2011

Kent Youth League U14 North

Vallance FC U14 – 0 Cray Wanderers U14 – 7

East London & Essex Junior Football League

Vallance FC U13 – 1 ST Thomas Canterbury U13 – 7
 Vallance FC U11 – 2 Reachout U11 – 5
 Vallance FC U9 – 2 Aldersbrook Yellow U9 – 3

Sunday 16th January 2011

Kent Youth League U14 North

Vallance FC U14 – 0 Bromley U14 – 5

East London & Essex Junior Football League

Vallance FC U13 – 6 Aldersbrook Blue U13 – 3
 Vallance FC U11 – 2 Newham Rangers U11 – 5
 Vallance FC U9 – 2 Abey U9 – 2

Sunday 23rd January 2011

Kent Youth League U14 North

Vallance FC U14 – 1 Bexley FC U14 – 4

East London & Essex Junior Football League

Vallance FC U11 – 2 Junior Hammers U11 – 6
 Vallance FC U9 – 1 SS Barking FC U9 – 0

Sunday 30th January 2011

Kent Youth League U18 North

Vallance FC U18 – 0 Cray Wanderers FC U18 – 5

East London & Essex Junior Football League

Vallance FC U13 – 3 Junior Hammers U13 – 5
 Vallance FC U11 – 3 Abey U13 – 0
 Vallance FC U9 – 2 Eclipse U9 – 3

SEN Health Development Programme

The **Special Educational Needs Health Development Programme** which is run by Vallance CSA is doing well. There is a weekly Multi Sports session at the Mile End Sports Centre (left picture) and Football sessions with **APASENTH** (Asian Peoples Association of Special Educational Needs in Tower Hamlets) at the Whitechapel Sports Centre. During Easter 2011 there will be a series of workshops including Basic First Aid and Sports Injuries.

For details contact
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Tel: 0203 441 9392

Email: vallancefc@aol.com

Jack Petchey Foundation Achievement Award

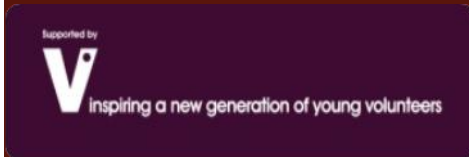
Michael Ogunbo has been awarded the Jack Petchey Achievement Award for January 2011 because of his hard work in training and games.



Vallance CSA Funders



THE SHAADI PLANNERS
www.theshadiplanners.co.uk



Aims and Objectives of VCSA

A service to youths between the age of 8-25, in Bethnal Green and surrounding areas.

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.