

# Vallance Community Sports Association

NEWSLETTER by Muhibur Rahman Designed by Shamim Miah

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## Young Mayor's Event 2011

Vallance FC in partnership with Tower Hamlets Youth Council organised the Football tournament (*pictured below*) at the **Young Mayors Event 2011** at Mile End Stadium on Monday 24th October during the half term. The event was targeted at 11-19 year olds and various sports activities were available along with live music on the stage. The Executive Mayor of Tower Hamlets Lutfur Rahman along with the Young Mayor Niamul Hoque of Tower Hamlets gave speeches to the 200 young people that came along and took part.



## Volunteers become coaches

Three young hopefuls who were volunteering at Vallance are now qualified football coaches. Saidul Islam, Yusuf Uddin and Shuaib Ahmed have been volunteering for the last 6 months and attended the FA Level 1 Coaching Football Certificate course over 2 weekends in Oct 2011 and passed. As part of the course they had to complete the FA Emergency First Aid and Safeguarding Children workshops. They will now help other qualified coaches at Vallance and coach the younger members.



CHARTER STANDARD  
CLUB



### This issue

Young Mayor's Event 2011 **P.1**  
Volunteers become coaches  
Volunteers wanted

Players of the month **P.2**  
Player profile  
Results

Holiday Coaching **P.3**  
Football News

Funders & Sponsors **P.4**

## 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

**Email:** vallancefc@aol.com

# Vallance FC – Player profile



Name: Stephen James Park  
Age: 7  
School attended: St Michaels Catholic School  
Favourite football team: Liverpool  
Favourite player: Steven Gerrard  
Favourite subject at school: Maths  
Favourite food: Chicken and Rice

1. What team do you play for? VFC U8
2. What position do you play? Centre Midfield

3. Do you like the training at Vallance? Yes
4. What do you want to do when you leave school? Football player

## Players of the Month

OCTOBER 2011



Under 7

Nayeem Hoque



Under 8

Hamzah Ahmed



Under 10

Jaedon Addo



Under 11

Christopher Toussaint



Under 12

Marzan Chowdhury

## SEN Health Development Programme

Vallance CSA are looking for young people with SEN (Special Educational Needs) & Learning difficulties to take part in their SEN Health Development Programme.

**For details contact  
Junel Uddin**

**Tel:** 0203 441 9392

**Email:**  
vallancefc@aol.com



## Results

### Saturday 1<sup>st</sup> October 2011

#### *Middlesex County 1<sup>st</sup> Division*

Vallance FC – 1 West End FC – 7

### Sunday 2<sup>nd</sup> October 2011

#### *Kent Youth League U15 North Division*

Vallance U15 – 0 Cray Valley U15 – 8

#### *East London & Essex Junior Football League*

Vallance U12 – 2 SS Barking U12 – 2

Vallance U10 – 0 Aldersbrook Yellow U10 - 2

### Saturday 8<sup>th</sup> October 2011

#### *Middlesex County 1<sup>st</sup> Division*

Vallance FC – 3 St Lawrence – 4

### Sunday 9<sup>th</sup> October 2011

#### *Kent Youth League U15 North Division*

Vallance U15 – 0 Bexley U15 – 3

#### *East London & Essex Junior Football League*

Vallance U12 – 7 Redbridge U12 – 1

Vallance U10 – 3 SS Barking U10 - 0

### Saturday 15<sup>th</sup> October 2011

#### *Middlesex County div 1 cup 1<sup>st</sup> round*

Vallance FC – 3 FC Assyria – 4

### Sunday 16<sup>th</sup> October 2011

#### *East London & Essex Junior Football League*

Vallance U12 – 5 London APSA U12 – 2

Vallance U10 – 0 Ryan FC U10 - 1

### Saturday 22<sup>nd</sup> October 2011

#### *Middlesex County 1<sup>st</sup> Division*

Vallance FC – 3 Chiswick Homefields – 6

### Sunday 23<sup>rd</sup> October 2011

#### *Kent Youth League U15 North Division*

Vallance U15 – 0 Phoenix Sports U15 – 5

#### *East London & Essex Junior Football League*

Vallance U12 – 7 BARI FC U12 – 0

Vallance U10 – 0 White stars U10 – 0

### Saturday 30<sup>th</sup> October 2011

#### *Middlesex County 1<sup>st</sup> Division*

Vallance FC – 5 Kilburn FC – 8

### Sunday 31<sup>st</sup> October 2011

#### *East London & Essex Junior Football League*

Vallance U12 – 8 Aldersbrook U12 – 4

Vallance U10 – 4 Abey U10 - 1

## Holiday coaching

During the Oct 2011 half term school holiday Vallance FC provided 2 days of Free Football coaching at Weavers Field. The programme was on Tuesday 25<sup>th</sup> and Wednesday 26<sup>th</sup> Oct, 11am to 1pm and was attended by over 50 young people. (Pictured left)

## Football News

Vallance FC senior team has had a very bad month. Since the beginning of Oct 2011 they have played 5 games and lost all of them. On Saturday 15<sup>th</sup> Oct they played **FC Assyria** in the **Middlesex County 1<sup>st</sup> Div cup round 1** and lost 4-3. All the other games were in the league and Vallance are now 7<sup>th</sup>. Manager Junel Uddin wants a big improvement for November and hopes to climb the league table because promotion is the goal for this season.

Vallance FC U12 is doing very well in the **East London & Essex Junior Football League**. This is the second year for the team in the 11 a side league and the team is improving every game. The team is currently 2<sup>nd</sup> in the league and manager Iqbal Hussain said *"the team is playing with confidence and there are certain players this season that have really grown into 11 a side football. They are all playing with a smile on their face which is very important."*

## Jack Petchey

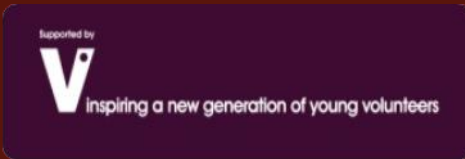
## Foundation

## Achievement Award

Marzan Chowdhury has been awarded the **Jack Petchey Foundation Achievement Award** for October 2011 because of his hard work and commitment in training.



# 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.*