



ANNUAL REPORT 2017



MESSAGE FROM THE EXECUTIVE DIRECTOR

What can I say? 2017 was truly filled with many ups and downs.

Ending the year with having to find a new location for the Champion Centre really left me questioning my own abilities. I was hurt and discouraged when told that we had 90 days to find a new space for all our champs in training to learn, play and grow.

As the Big Boss of MJKO, I felt enormous pressure to find a solution, and to find it fast. Watching my dream spinning and moving at a speed I just wasn't comfortable with at all really pushed me outside my comfort zone. That being said, I know that it's the biggest challenges that are the ones that help us grow. The moments in boxing where one feels defeated and wants to quit are the ones that teach us the biggest lessons. These are the moments that define us as people both in and outside the ring.

The sport of boxing has taught me more than just how to protect myself. It has taught me that it's ok to be uncomfortable. Resilience is a journey, grounded in passion. For me to be successful, I need to have my feet on the ground and I need to be actively coaching. I need to, at times, to go to my corner between rounds and seek advice. Much of the advice I have received these past few months, was from my late mentor and dearest friend, Henry Toran. Without his support and guidance I may have crumbled and accepted defeat. Losing Henry, my one of my biggest supporters has also taught me to slow down and breath. Henry taught me so much and I'm not sure how I will progress without him. I do know that his smile, his belief and his kindness are things I will keep in my heart forever and when growing MJKO, I will always use them as guiding principles.

2017 was our most successful financial year yet. We broke over \$310,000. We met our program goals and found a new home in South Parkdale.

The pictures and stories included here are the motivation and inspiration behind the work we do. Thank you to my team, my partners, my volunteers and all my "kids".

Ibrahim and I, as the co-founders at MJKO feel so incredibly lucky to steer a ship filled with so much love, compassion and hope.



MISSION

MJKO is a charitable organization that promotes positive and healthy lifestyle choices through mentoring and leadership training in a safe and encouraging environment.

OUR GOAL

To help create Community Champions through the sport of non-contact boxing. Our programs allow students to develop an appreciation for physical fitness, inclusive communities, mindfulness, healthy eating and volunteerism.



MESSAGE FROM F.A.B GIRLS (FIT, ACTIVE, BRAVE) PROGRAM MANAGER

I love being apart of an organization that supports one another with the same goals and intentions at heart. With Miranda being the amazing mentor that she is, she has inspired and motivated me to break out of my shell and go above and beyond my limits. Since joining the MJKO family two years ago, I have become a lot more confident in myself not only as a coach but also as an individual.

The past year has been pretty successful for the MJKO family. I was hired on full time as the FAB Girls Program Manager. Being able to see our girls progress in their boxing and leadership skills is so rewarding. As I am growing in my coaching experience, I aspire to become a role model for the youth, showing them that anything is possible if you set your mind to it.

Safia Ali



MESSAGE FROM OUR SPORTS INSTRUCTOR

My relationship with MJKO started as a volunteer in 2016 at the Waterfront Neighbourhood Center. In December 2017, I was hired as a Sports Instructor. Working with Miranda Kamal, has taught me, through her every day work and accomplishments, that I to am capable of the being a strong, powerful and independent woman.

I was welcomed into the MJKO family with a lot of love, patience, and the pure energy. The positivity that is given out by both the coaches and the youth we serve is extremely heartwarming. Seeing the youth progress week after week, showing their advancements, acts as a reflection to me of my own progress and growth. The joy and happiness that the youth we serve emit when they are at our program, and the impact we have in their everyday lives, is the most satisfying feeling ever.

Samira Ali



WHAT WE DO?

Our aim is to provide daily access to free, high-quality fitness and leadership programming to children and youth in need. In doing this, we provide Torontonians youth the opportunity to learn transferable athletic skills and build their self-confidence.

In becoming “Community Champions”, MJKO youth develop a deep sense of community. They learn respect, volunteerism, and develop a code of personal responsibility which is emphasized in and through everything we do.

Having access to free programming daily, brings youth from different neighborhoods together – positively impacting their shared social capital. As a result, our participants achieve greater self-confidence through athletic training, leading to improved educational outcomes and employment opportunities.



WHAT DO MJKO'S PROGRAMS ACHIEVE

We use the sport of non-contact boxing in order to address the following:

1. Health and Wellness – provide access to accessible fun sports programs
2. Safety – help youth feel safe in their communities
3. Learning – help youth graduate high school
4. Employment – help youth acquire job skills and gain employment
5. Belonging – help youth learn English to feel better connected to the community
6. Community – create a family setting to help youth feel connected and cared for by the community



Health & Wellness



Safety



Learning



Employment



Belonging



Community

IN PARTENERSHIP WITH ONTARIO TRILLIUM FOUNDATION (OTF), MJKO DELIVERS 3 AFTERSCHOOL PROGRAMS.

1. PARKDALE PUBLIC SCHOOL

MJKO coaches incorporate a well balanced mix of essential boxing elements as well as fun, team building games and activities. Doctor Dodgeball is currently the all time favourite at Parkdale, allowing the athletes to exercise their team building, leadership, agility and athletic skills.

After becoming comfortable with all the fundamental boxing skills, the Parkdale Public school athletes are the most interested in future training at a competitive level. They jump at every opportunity they receive to demonstrate their advancement in front of the rest of the class, promoting healthy completion. Every child has come out of their shell more and more throughout the year, showing their growth with us in several areas including, but not limited to, boxing.



2. DOWNTOWN MUSIC ACADEMY AND RYERSON COMMUNITY SCHOOL

It's been another outstanding year with kids of Ryerson Community School, as well as the Downtown Music Academy. We have a strong participation at MJKO's weekly program where students already enrolled often bring their fellow class mates to tag along. The offered activities allow youth to learn about various boxing techniques and fundamentals while still always remembering to have fun. We are proud to say that the youth from the these schools have become strong leaders in the community and in their schools.

Through the education portion of our program, we have been able to bring awareness and promote conversation on several different topics such as environmental preservation and personal safety.

Each week we had the pleasure of hosting officers from the 14th Division Toronto Police Services, acting as mentors and teammates.



3. QUEEN VICTORIA SCHOOL

The students and Vice Principal, Mr. Sanyal from Queen Victoria School always come out with great energy that is undeniably contagious. They are enthusiastic and determined to put their best foot forward when it comes to the activity at hand. Every week, these youth exemplify MJKO's mission to provide a safe & inclusive space for everyone. We use boxing to encourage diversity and to bring together youth from different parts of the community, who if not for our program, would otherwise probably not socialize. In turn, we help each child find the Community Champion in themselves and each other.



TORONTO FOUNDATION, VITAL YOUTH 2017

The MJKO Coaches Corner, built on the success of our past Vital Youth programs, including Take the Lead, Take the Lead - Round II and In Your Corner. Utilizing MJKO's \$15,000 grant, we have provided free access to an inclusive/safe sport training environment which allows for past graduates to play a key role in MJKO's program.



“I had a lot of fun my first time coaching the MJKO Try It event. It felt amazing to be able to use everything I had learned during our junior coaches training. Having the opportunity to see the other kids happily participating in the activities, reminded me of when I was a student just like them. My favourite part of the class was encouraging people & cheering them on. They really did a great job.” **Junior Coach Monalisa (Pictured top left)**

WHAT HAVE WE ACCOMPLISHED IN 2017?



- Certified 16 new youth participants in MJKO's "Train the Trainer" Program (10 new junior coaches and 6 returning junior coaches from 2016-2017 graduating group.);
- Certified 22 new youth participants in First Aid and CPR training (8 hours);
- 4 "Try It" classes have successfully been run solely by our junior coaches and mentors.
- 22 youth introduced to the Learn to Train stages of the Long Term Athlete Development Program.
- Several community events including, Halloween Costume Party – Kickoff event October, Holiday Party – December
- Improved relationships between community, police officers and kids by bridging the gap between them by increase the police presence at school programs while also encouraging them to problem solve together.

JUNIORS COACHES CAUGHT IN ACTION



F.A.B (FIT, ACTIVE, BRAVE) – GIRLS FUNDED BY KIWANIS

MJKO introduced the F.A.B Girls program on Friday October 20th 2017 after winning the Kiwanis Centennial Grant of \$40,000. We have had quite a number of girls who joined the program making it MJKO's most attended night at the gym. The goals of this program are to build Community Champions through volunteering and leadership. We encourage our girls to stay active and help boost their confidence and self-esteem. Every month the girls have an opportunity to go out into the community to make a difference at the grassroots level. A few places we had volunteered, Rosenswig McRae Thorpe Accounting Firm, the Daily Bread Food Bank and within our local community at St. John's Parish.

Aside from volunteering, the girls are able to build lasting friendships, learn how to work together as a team, and of course, how to use boxing as a tool for mental health.



F.A.B GIRLS – BUILDING GIRLS AND WOMEN





ST. MARY'S CATHOLIC SCHOOL - STAR PROGRAM

Our students from the STAR Program have different learning abilities, with many pupils on the autistic spectrum, which means they bring a different level of AWESOME to the MJKO family. Every other Friday, the students of St. Mary's STAR program come to the MJKO Champion Centre for their boxing lesson. As time has by, the youth have been enjoying themselves and improving in their boxing skills. It is great to see how these students have fallen in love with the sport of boxing and a high student retention rate has been very rewarding to MJKO Coaches.

Damon 'Lionheart' Fabrizi, a long time MJKO athlete, (and who just happens to have Asperger syndrome (AS)), is one the MJKO coaches helping to run the program. Here is what he had to say: "Over the last 6 months of volunteering at MJKO, I have started to help coach the St. Mary's special needs class. At this point, I mostly help with certain parts of the class, such as shadow boxing, holding pads and the warm up. Being in the position of assistant coach is still somewhat uncomfortable for me though, and I do not know if I ever will be able to lead a class. Although I still am not entirely comfortable with this, I am at least trying. Thankfully the class is small, which makes it an easier starting point. Though I want to be able to help out more, I also realize that change is very difficult for me. I am getting more comfortable with some of the parts of the class that I help with. Those specific parts have started to become easier."

SECOND HARVEST

MJKO officially partnered with the food recovery organization, Second Harvest in September 2017. Since partnering with Second Harvest, MJKO has been the recipient of a great amount of food to help make nutritious snacks for our kids, and now seniors, who attend a bingo program every Thursday at the Champion Centre.

From October 4, 2017- December 31, 2017, Second Harvest has delivered 2,125 pounds of food to MJKO which is a donation valued at \$5,312.50. This results in food being diverted from landfills.

With the food we receive from Second Harvest, MJKO is now able to offer our youth a wide variety of healthy of different foods, fruits and vegetables. We are also able teach our champs how to prepare easy snacks at home. It is always heart warming to see our kids happy with the snacks we provide them. We are grateful for Second Harvest supporting food security for our champions-in-training.



2,125 lbs



\$5,312.50

MJKO'S COMPETITIVE PROGRAM

MJKO's competitive athletes had a successful 2017. Each athlete was extremely devoted, trained hard and gave it their all. Some of our athletes participated in a few tournaments through out the year. Notably, Jimmy Zhang fought hard at the Golden Gloves tournament along with Akos Horvath who made it to the Boxing Ontario Provincial Team.

We could not be prouder of both these young men. Akos showed the world the true meaning of heart when he stepped into the ring with an athlete who had 50 fights, 2 National Titles and 4 Provincial Titles. This was a huge step for our 16 year old Hungarian Prince. The coaches at MJKO look forward to continuing our success through our competitive stream in 2018.



CHANGING THE GAME – COACHES ASSOCIATION OF ONTARIO (CAO)

“Changing the Game – Changing the Conversation” is a program to recruit new female coaches and change public perceptions about who can coach. The campaign led by the CAO highlighted the lack of women in coaching & sport leadership (only 30% of coaches in Canada are women)”. MJKO is proud to say we are ahead of the curve with 55% women coaches.

Miranda, as a mentor and Safia as a mentee, got the opportunity to participate in the Changing the Game – Changing the Conversation program. What an honour for both ladies to be selected as champions for the advancement of women in sport.

The program was open to existing coaches or coaches-to-be of every sport, every age, and every experience level. Coaching is a powerful tool that can be used to recruit and keep girls in sports. Both Miranda and Safia use coaching to show girls that anything is possible! Our female coaches at MJKO strive to reach out and recruit more girls into the sports’ world and guide them to living a healthy and active lifestyle.



CANADA SUMMER JOBS

Thanks to the funding from the Federal Government, MJKO was able to hire two past MJKO youth to work full time over the summer months. These youth were in charge of running the summer programs, building lasting friendships and of course teaching boxing.

We hired Pius Adarkwa and Anna Zhang (pictured below) who are amazing role models and MJKO Ambassadors. Below are a few things Pius had to say about his summer experience with MJKO:

"My experience working at MJKO during the summer as a youth coach was one of the greatest experiences. I was able to gain more experience working with kids and interacting with the community than my past jobs. As a coach, I learned that your athletes safety must be your number one responsibility. Helping your athletes reach their goals is a must! The best part of coaching last summer was motivating the kids as they pushed hard on their work outs. Big thanks to the MJKO board for selecting me and giving me the opportunity to work as a Youth Coach. I learned a lot from my athletes and head coaches who guided me through the program."



MLSE FOUNDATION

\$114,536 RAISED

How we did it?



1

Committed
Mom



1,000

Volunteers
who care



100,000+

Toronto Fans



\$114,536

Funds raised for
families who need
access to free,
quality sports
programs

Thanks to our volunteers and MLSE Foundation, we raised \$114,536 in 2017. WOW!! What an amazing accomplishment. We are grateful to the MLSE for the opportunity to fundraise with you at MLSE events and engage hundreds of caring volunteers.

Thank you to MJKO's 2016/2017 Behind the Scenes Award Winner, Amanda Daisey. Under her leadership, we have broken last year's record.

TORONTO POLICE SERVICES (TPS)

We have worked with Toronto Police Services (TPS) for 9 years now. We are so thankful to have officers at our afterschool programs at Ryerson Community School, Downtown Vocal Music Academy and Queen Victoria Public School. The kids are always so excited to have the officers get active with them. There are so many kids smiling and aspiring to be just like our officers due to their amazing leadership abilities. MJKO youth learn so much from the officers at 14 Division, and their company is always appreciated.

Great leaders don't set out to be a leader, they set out to make a difference. It is never about the role – always about the goal! Thank you Toronto Police Services 14 Division for 9 amazing years of services with MJKO. We are happy to have you apart of our family.

MJKO co-founder, Miranda Kamal is a proud voting member of the Toronto Police 14 Division Community Police Liaison Committee which meets monthly to make the community stronger.



FASHION + PHILANTHROPY + ENTREPRENEURSHIP

City Moguls is a unique event that features Toronto's most innovative and newsworthy entrepreneurs and influencers in an unforgettable fashion show for charity.



Powerful Toronto mentors are nominated annually by the public to take part in a runway show, representing our charities. In October 2017, MJKO's Co-founders, Miranda and Ibrahim Kamal received the opportunity to walk the runway representing MJKO with honour. Wearing Toronto designer Hendrixroe, to the sound of hundreds of people clapping, Team Kamal strutted their stuff to help raise money for You For Change, a charity located in Regent park, dedicated to a series of hands-on arts workshops led by a team of talented arts mentors.

CANADA 150 BBQ AT MJKO



MJKO FOUNDER FEATURED IN GET LEASHED

In December, MJKO co-founder Miranda Kamal was featured by The Get Leashed Doggy Style Team, noting her as, “The Boxer Who’s Giving Back With Her Dogs Tyson & Evander”. The article went on to say, “with her warm personality and two tiny, fluffy, pups, you might not guess that Miranda Kamal packs a punch and was a competitive boxer.



Now, she steps into the ring for her charity, MJKO, which teaches kids the joy and discipline of the sport of boxing. One of the best parts – her dogs, Tyson and Evander, come to work with her at the gym every day, and basically follow her everywhere. We caught up with Miranda to learn about her organization and the sport she loves, and find out what made her become a dog owner. To have a look at the photos google the link below, as she shows off a different side from her typical gym wear.” Read more at: [Get Leashed Miranda Kamal](#)

CITY OF TORONTO'S INVESTING IN NEIGHBOURHOODS (IIN) PROGRAM

We are thankful for another year of partnering with the City of Toronto. Through the IIN's funding of \$19,667, MJKO was able to fill two positions to support the day to day operations of our charity.

FIRST BOOK CANADA

First Book Canada is an organization which promotes literacy. Each year First Book donates brand new books to charities like MJKO to help promote reading and language skills. We are proud to be in partnership with them and to aid in their literacy goals.

KIDS UP FRONT FOUNDATION (KUF)

KUF provides opportunities to children and youth to be exposed to arts, sports and cultural events. Each year they donate over 70,000 tickets to children and youth who would not have an opportunity to attend otherwise. We are proud to be one of their partner charities

ENBRIDGE GAS

Enbridge Gas Company is proud to support Toronto communities providing a mobile kitchens and BBQ's for special events. What is awesome about Enbridge is they are professionals who understand Toronto is diverse and the communities we serve need options like vegetarian, halal, gluten free and vegan choices. We are so thankful for their continued support and their respect for our differences.

CSR ECO SOLUTIONS

CSR ECO works with charities, recyclers and liquidators from around the world. Each year MJKO calls upon CSR for different furniture needs. They have been amazing long term partners of MJKO.

THANK YOU TO ALL OUR MEDIA SUPPORTERS

Each year MJKO is showcased across multiple news outlets. We would like to thank the following journalist for supporting and sharing MJKO's mission.

- Nicole Martin – City News – MJKO attends Toronto Mosque's open house after anti-Islam protest
- Jesse Winter- Global and Mail - Dufferin development threatens to scatter artist community
- Jeff Sammut - Sirius XM Canada – MJKO celebrates Canada 150

JOES NO FRILLS

Committed to helping the community in which their clients live. Thank you Joe's No Frills for supporting our Canada 150 BBQ.

ROSENWIG MCRAE THORPE LLP

Accountants from their firm donate their time and money to help serve kids and youth who needed it most. Each year the firm launches a campaign with their team agreeing to match any donations raised by their employees. We are most thankful for their hours volunteering in the community and their annual monetary donation.

MARGARET AND GORDON FLEMING FUND

\$1,170

ANNUAL AWARDS



Behind the Scenes Award

Brendan Hart, MJKO's Volunteer Lawyer

This award recognizes individuals who represent a strong, yet unseen force, who contribute solid and consistent efforts behind the scenes which have a profound positive effect on MJKO.



Commitment to Community Award

Susan Yun, Principal Finch Public School

This award is given to those individuals who by their dedicated efforts, loyal service and pleasant personalities help to demonstrate MJKO Community Champion values to youth and other community members alike.



Akeem Francis Inspire Others Award

Damon "Lionheart" Fabrizio, MJKO Student turned Coach

This award recognizes individuals who through their commitment and personal adherence to excellence inspire others to reach their goals.



Volunteer of the Year

Amanda Daisey, MJKO Volunteer Manager

Presented to individuals who have steadfastly provided exceptional support through their time, skills and fundraising activities.

ANNUAL AWARDS (con't)



Volunteer of the Year

Jaimie Burke, MJKO Grant Writer

Presented to individuals who have steadfastly provided exceptional support through their time, skills and fundraising activities.



Biggest Donor

Kiwanis, Funder

MJKO is always searching for ways to finance an array of free programs to help youth become Community Champions. This award is in recognition of our largest financial donor for 2017.



MJKO Police Officer of the Year Award

P.C. Jin Kim

Presented to an Officer who goes above and beyond their call of duty, helping young people grow through positive mentoring, friendship, encouragement and laughter; One who acknowledges life can be tough but through work, sound guidance and disciplined determination life can be rich and rewarding.



MJKO Most Valuable Person

Jimmy Zhang

The Most Valuable Person Award recognizes Individuals who demonstrate punctuality, dependability, setting high standards for themselves and encouraging others to do likewise, too. You attempt to be proactive. You're positive and accepting of others.

ANNUAL AWARDS (continued)



2017 MJKO Corporate Responsibility Award.
Rosenswig McRae Thorpe LLP
Presented to individuals who have steadfastly provided exceptional support through their time, skills and fundraising activities.

ONTARIO VOLUNTEER SERVICE AWARDS



MJKO Volunteers being honoured by the Ontario Government for their service.

Pictured: Randy Phipps (5YRS), Michelle Fletcher (5YRS), Jaimie Burke (5YRS), Jimmy Zhang (5YRS), Anna Zhang (1YR), Zeenat Afghan (1YR), and Mark Borsboom (5YRS)



INDIVIDUAL DONORS

Alex Picot-Annand
Amrita Siva
Anjin LU
Cathy Malta
Del Pigden
Dustin Jainaraine
Javier Gonzalez
Jessica Chen
Joseph Concepcion
Joseph Handcock
Julie O'Donnell
Karthiga Ramachanthran
Linda McLachlan
Lorraine Varga
Marie Macdonald
Maryse Lemonie

Michael Evans
Michael Quach
Michelle Fletcher
Miranda C Kamal
Nathania Ho
Nikeeta Siva
Pat Jollymore
Rachel Wong
Rami Abdouni
Steve De Quintal
Susan Lau
Susan Yun
Sylvia Wong
Yale Ren
Yuxin Chen

Board of Directors

Board Chair

Brian Jollymore

Treasurer

Michelle Fletcher

Public Relations/Secretary

2014 Volunteer Toronto

Legacy Award Winner

Randy Phipps

Community Relations Director

2014 Toronto Police

Officer of the Year

P.C. Mark Borsboom

Director

Linda McLachlan

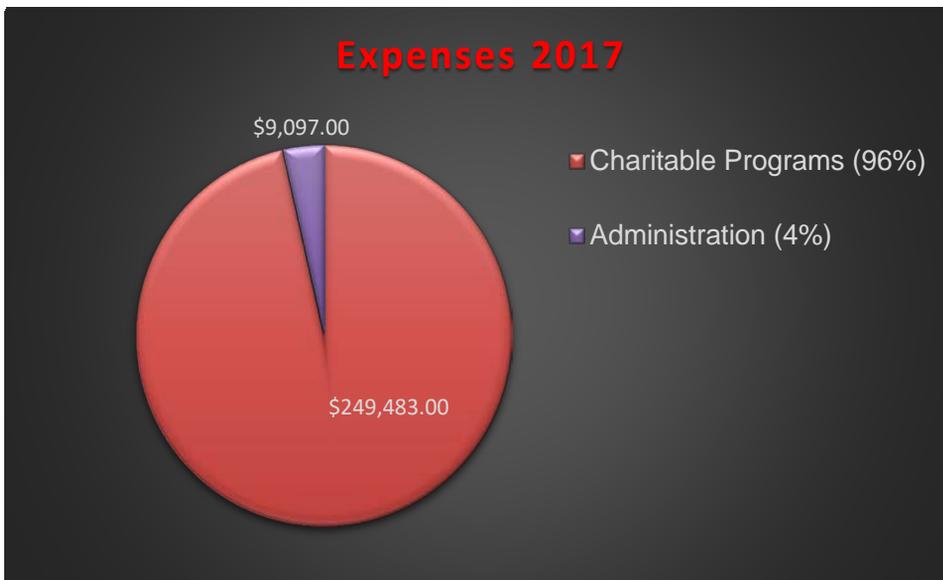
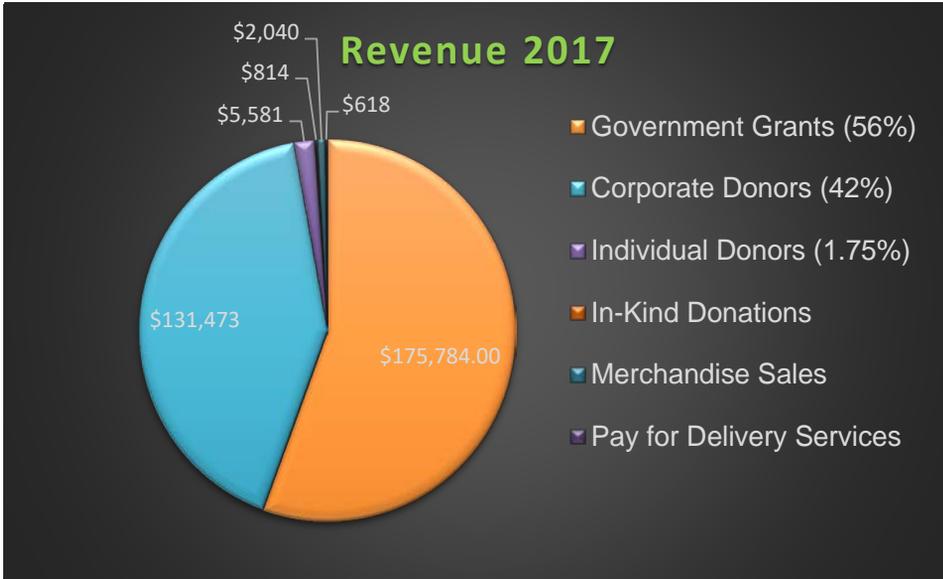
Director

2016 Volunteer Toronto

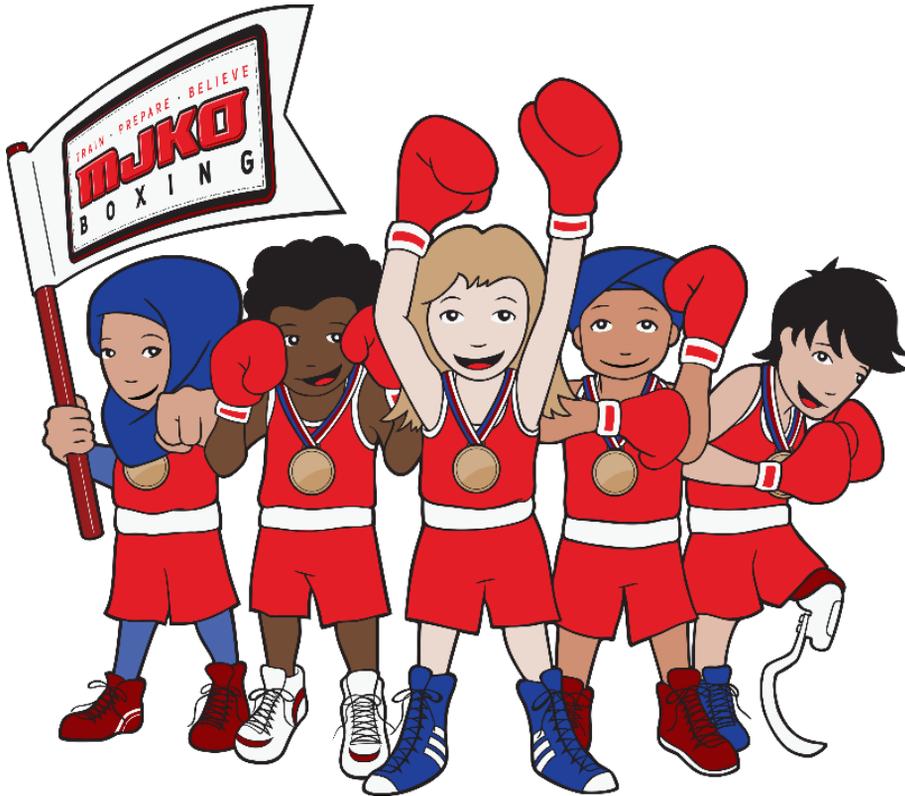
Legacy Award Winner

Kelly Korkola

FINANCIAL SNAPSHOT 2017



To view our full 2017 Financial Statements use the following link: [2017 Statements](#)



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