



ANNUAL REPORT 2018



MESSAGE FROM MIRANDA KAMAL

2018 started with a BANG when we were forced to move from our warehouse space at 444 Dufferin Street to 186 Cowan Ave in South Parkdale. Physically the move was only about 500 meters away but it was being done in dead of winter. It was accomplished through the love and support of our caring community volunteers. We are so lucky to have so many volunteers who love and support us.

Our move meant we have grown from a 1,000 square foot warehouse space to 5,000 square foot area. The new location came with two functioning kitchens, a private office and a hall that is now furnished with a competitive sized boxing ring and 4 heavy bags. Our new space is a large and unrestricted area for our kids to grow, learn and play safely. Since the move, we have surpassed our goal of introducing 1,500 youth to non-contact boxing with the help of the Ontario Trillium Foundation funding.

For us, the new space is more than just a big hall. It is the means to serve more young people. It means building our daily food program with our partners from Second Harvest from distributing 8,500lbs (valued at \$25,000) of food in 2018 to a goal of giving out 10,000lbs in 2019. It's a safe place to interact with the community in a fun and inclusive way. We are creating more ties than ever within the South Parkdale community.

This year and in the years to come, we will continue to keep our youth and their "lived experience" at the forefront of everything we do.

Financially we had our biggest year yet, breaking 400 hundred thousand dollars in revenue. We've employed 13 youth under 25 years of age. On a competitive note, we had our first athlete make the Ontario Provincial Boxing Team.

On a technical and coaching level, MJKO continues to push forward. I travelled to Rohtak, India where I successfully passed my AIBA (International Boxing Association) Two Star course. I now join the other 25 women in the world with this elite boxing coaching certification.

MJKO became the first boxing group to facilitate at the annual Coaches Canada conference in November. Co-founder Ibrahim Kamal, (my husband) and I both graduated from the Canadian Sport Institute of Ontario with our Advanced Coaching Diploma and have gained our Professional Coaching designation.

As the Founder, Head Coach, and all the things in between, I am beyond grateful for the journey and the support we have been given. MJKO, the kids, our donors and the sport of boxing continue to teach and inspire me everyday. Thank you.

Lots of love,
Coach Kamal



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.



OUR CORE VALUES

1. All things are possible with training, preparation and belief (confidence).
2. We all have a duty to give back to the community.
3. All children and youth should have access to high quality, free fitness based programming.
4. Physical fitness is a cornerstone for a healthy, happy and balanced life.
5. Positive relationships among people are the foundation of life.

ABOUT MJKO

MJKO was co-founded by Ibrahim and Miranda Kamal in 2010 to share the life skills they learned through boxing. Miranda is a survivor of sexual assault as a teen and Ibrahim grew up in one of Toronto's priority neighborhoods. Both boxed competitively, Ibrahim was an eight-time National Boxing Champion, and both know firsthand how sport can change one's life for the better. Since MJKO started they have provided free access to over 10,000 youth in Toronto.

MJKO provides:

1. an innovative approach to youth mental health, using the sport of non-contact boxing as a tool for coping with mental health related challenges such as aggression, trauma, anxiety, stress, depression, grief, and suicidal thoughts.
2. access to nutritious food every single day;
3. paid employment & peer mentorship for youth.



HOW IT WORKS

MJKO programs allow for daily access to an after-school program in MJKO's Champion Centre and three local schools in Parkdale. Healthy diet, exercise and good mental health are all a part of the program.



We provide certified coaches, who teach and use non-contact boxing as a tool for positive wellness. Participants engage in 60 minutes of age appropriate, vigorous physical activity & 30 minutes of life skills-based education. Each session ends with a mindfulness meditation, a healthy snack, with all necessary equipment provided by MJKO.

Food scarcity is a big problem for many MJKO attendees. Second Harvest has partnered with us enabling us to offer daily healthy snacks. At the end of each workout, our youth are given a snack and educated on the importance of a well-balanced diet.

Over the past 10 years, MJKO has partnered with the Toronto Police 14 Division. Officers attend our programs as teammates, with MJKO coaches as the head facilitators. Through sports participation, trust is built. "We have received overwhelmingly positive feedback about MJKO from colleagues and other police divisions. MJKO provides a dynamic and comprehensive approach to mentoring young people through the sport of non-contact boxing. They not only break down barriers between the police, community and kids; they give youth a place to relieve stress, create new healthy caring connections and create a sense of family. For us, the best thing about MJKO programming is that all youth get to see the police in a positive light and not in negative setting." Superintendent Bergen, Toronto Police.

SIGNATURE PROGRAM ONE - CHAMPIONS IN TRAINING FUNDED BY OTF

The Champs-in-Training program started in 2016 and builds on the success of a proven model. The 36 month program is paid for by a \$374,000 Ontario Trillium Foundation grant that ends August 2019, and its mandate is to expand sports and life skills training in our three partner schools and at the MJKO Champion Center. This non contact boxing program fosters more active lifestyles. Our initiative is helping Ontarians participate in active lifestyles, and has had an impact on the lives of 1,784 people since it start in 2016.

Evidence has been collected and an annual report of the program entitled "Building a Better MJKO" has been produced. We are beyond proud to share these findings:

"MJKO is an effective Sport for Development organization because it meets the needs of its prime beneficiaries (Chelladurai, 1987)".



"According to Putnam (2000), "the core idea of social capital theory is that social networks have value...social contacts affect the productivity of individuals and groups" (p. 19). And, according to the Girls Only participants, "*I like Girls [Only] boxing because it's a place where you can be yourself and make new friends*", and "*[My friends] are all a part of MJKO [and] they are all super duper nice.*"

CHAMPIONS IN TRAINING - RESULTS

"As part of the OTF Grow Grant (awarded in 2016), MJKO committed to pursuing meaningful evaluations of its programs and their effectiveness. Building on "Sport For Development" (SFD) literature (Schulenkorf, 2017), and related "Sport For Social Change" (SFSC) research (Sherry, Schulenkorf, & Chalip, 2015), this report is intended to provide guidance and support to MJKO and its critical stakeholders through action research (Chalip, 1997; Frisby, Reid, Millar, & Hoeber, 2005; Lewin, 1946; Rich & Misener, 2017).

As much as is possible, we strive to empower the participants' voices to speak for themselves throughout the report through representative images (artwork) and quotes."

What makes a girl-boxer special?

What makes a girl boxer special is that

- She's powerful
- Strong
- Smart
- Independant
- Fearless
- Motivated
- Energetic

Shes boxing even though boxing is a "male dominated" sport. Shes Fearless. Not afraid to make mistakes or get hurt.

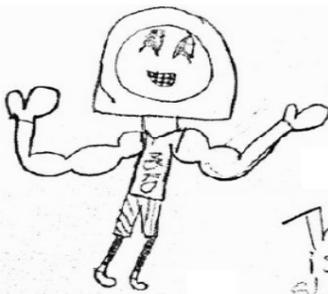
WHAT HAVE WE LEARNED FROM CHAMPS-IN-TRAINING

Barriers to Participation

Girls Only participants were asked about the barriers that they faced. Co-researchers asked: "sometimes you may miss a week or two of programs - why is that the case?" Participants shared: "sometimes I am sick, other school things, or too tired to go". Another indicated "the reason why I don't sometimes go to boxing is because sometimes the day before we do fitness and my body gets sore" (age 9).

Homework and school commitments were common. For example, "I have a lot of homework and I need to start early" (age 12), and "I haven't been going [to MJKO] a lot because of homework and I've been spending a lot of time in the library" (age 13). A 10-year-old participant shared issues relating to travel to the gym: "I sometimes don't come because I either forget, or I can never find the pickup person."

Another participant shared "I've just been having a better time with my other youth programs because there are less rules and I can express myself more. Overall, I'm just losing interest in boxing" (age 13). And a 12-year-old participant indicated problems with timing and travel issues. For her, "I don't go mostly because the gym is so far from my school. The program starts at 3:30 and I get there at 4:30 or later. I also don't like going in late" (age 12). However, most often, barriers faced were mostly having to do with school/homework commitments. One participant shared: "Most of the time, when I miss coming to MJKO, is because of school work...Also I live [far away] so it takes a longer time to get here so I don't get enough time" (age 15).



This girl boxer is special because she always puts on a smile and helps everyone in need she is strong great at boxing and she's muslim a muslim boxer is very rare to me and she is and very motiva to everyone.



SIGNATURE PROGRAM TWO - PARKDALE SAFEWALK PROGRAM

MJKO Boxing received a Canada Post Community Foundation grant for their Parkdale "SafeWalk" program making the community safer and more child-friendly.

In fall 2018, Mentoring Juniors Kids Organization (MJKO) received \$15,600 from the Canada Post Community Foundation for an important project, "SafeWalk", in South Parkdale. The "Safewalk" program implemented an afterschool pick up and drop off program from three local schools to the MJKO Champion Centre (boxing gym). Once at the Centre, students gain FREE access to non-contact boxing programs as a tool for good mental and physical health.

The Parkdale Community is battling with the fentanyl crisis and mental health and addiction challenges. Even though our Champion Centre is only 750 meters from the three schools, our participants feel unsafe travelling to it. The Parkdale "SafeWalk" program not only benefits students, but provides a helping hand to moms, dads and guardians as their kids will gain daily access to free fitness and leadership classes, healthy snacks and an extended network of caring adults. The whole family has gained peace of mind knowing their kids are safe in what has been frequently described as an unsafe community.

The safety of our athletes is of the utmost concern for MJKO. This funding came at a critical time.

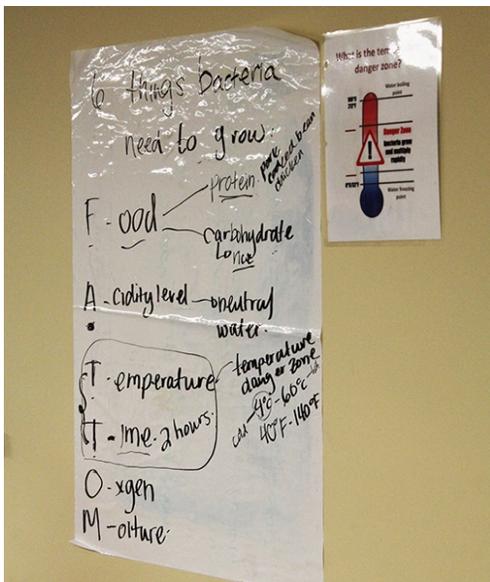
"Canada Post is proud to help organizations and projects that make a difference in the lives of Canadian children and youth. Through the generosity of our customers, the Canada Post Community Foundation is able to fund important programs in communities across the country every year."



SIGNATURE PROGRAM THREE - HEALTHY CHOICES

Healthy diet, exercise and good mental health are all a part of the programs at MJKO. Food scarcity is a big problem for many MJKO children and youth. Second Harvest has partnered with MJKO enabling us to offer daily healthy snacks to approx. 1,200 participants per year at our Champions Centre and our school programs. This represents about 8,500lb (valued at \$25,000) of food in 2018 alone.

In addition to rescuing food, Second Harvest has helped us empower 6 youth by providing them with the Public Health Food Handler Certification.



ABOUT OUR FOOD PARTNER - SECOND HARVEST (Text taken from www.secondharvest.ca)

Second Harvest is Canada's largest food rescue charity with a dual mission of environmental protection and hunger relief. We recover nutritious, unsold food before it becomes waste and distribute to a broad network of 373 social service organizations. Our free, essential service helps nourish people through school programs, seniors' centres, shelters, food banks, and regional food hubs.

In 34 years, Second Harvest has rescued over 140 million pounds of healthy food, preventing 128 million pounds of greenhouse gases from entering our atmosphere. Currently, we recover food from over 742 donors and distribute that food to 373 social service agencies in Ontario, providing enough food for 34,000 meals a day.

No Waste. No Hunger.

ADVANCED COACHING DIPLOMA(ACD)

Personal development, and a commitment to a life time of learning has always been a priority for the leadership team at MJKO. As part of this commitment our Founders, Miranda and Ibrahim embarked on a 2 year journey back in 2016. Having already completed the necessary entrance courses, they obtained the support of the National Sports Body (NSO) Boxing Canada and Provincial Sport Body, Boxing Ontario to attend the Canadian Sport Institute of Ontario taking the Advanced Coaching Program.

This elite multi sport program consists of four thematic streams:

1. Coaching Leadership
2. Coaching Effectiveness
3. Performance Planning
4. Training/Competition Readiness.

The ACD has approx. 270 hours of direct contact with experts in the sport world: sport scientists, nutritionists, strength and conditioning specialists, event planners and performance planning specialist. In order to graduate, coaches are expected to build a portfolio of evidence showing applied knowledge, participate in "shark tank" funding pitches and deliver a mid point and final presentation to CSIO evaluators.

Both Miranda and Ibrahim graduated from the program in the fall of 2018. After receiving their diplomas, they applied for and were granted their Chartered Professional Coaching Designation (ChPC) from Coaches Canada.

We would like to extend a sincere thank you to the PwC Canada Foundation for funding Miranda's tuition (\$3,200) and for investing in female coaching at the highest level in Canada. Their foundation invests \$275,000 annually to help fund small to medium-sized registered charities support their professional development goals.



MJKO'S COMPETITIVE PROGRAM

MJKO continues to grow our competitive stream of athletes. 2018 marked a huge milestone as we had our first athlete, Akos Horvath make the Ontario Provincial Team. His win qualified him for a spot at the National Championships. Due to challenges outside of our control, Akos was unable to attend the event in Alberta.



MEET ANOTHER ONE OF OUR COMPETITIVE ATHLETES

Sixteen year old Parkdale athlete, Rafael Kiss returns to MJKO after a one year suspension with a BOOM!

One year ago, things looked much different for Mr. Kiss. He was having a difficult time at school, he was acting out at the MJKO Champion Centre and all round, he was unhappy. Due to some challenging behaviors and violations of our club's Code of Conduct, Head Coach Miranda Kamal, was forced to give the young man a 1 year suspension. As it turns out that is just what he needed.

Mr. Kiss contacted us a few times during his suspension, asking to return but the MJKO team believes that there are consequences to poor behaviour and it was important to stick to the boundaries created.



At the end of his suspension period, Rafael again contacted Coach Kamal and asked to be reinstated. Miranda, a firm believer in second chances and the power of sport to help change lives, went to the board and advocated for the boy. The Leadership team at MJKO whole heartily believes that this story speaks to our mission and welcomed Rafael for a fresh start.

We are pleased to report that this was the RIGHT decision. Rafael, now sixteen, is a model athlete and young man. Since returning to the club earlier this year, he has been volunteering and this led to MJKO offering him part time work as an Assistant Youth Coach afterschool. Rafael often turns down paid work and offers to volunteer instead. He feels he has a debt to repay society for his poor choices.

Rafael is committed to his training, eating habits and living a clean life style. This allowed him to earn a GOLD medal in the novice category at the Boxing Ontario Golden Gloves in Niagara Falls earlier this year.



We are beyond PROUD of his transformation.

Rafael Kiss has been using boxing as a tool for good mental and physical health since his return. This GOLD medal is just the beginning for our transformed young athlete.

MJKO looks forward to the 2019 competitive season, as both our coaches and athletes continue to shine.



2018 COACHES CANADA PETRO CANADA LEADERSHIP SPORTIF OTTAWA

The MJKO family was honoured to lead a boxing based workshop at the Coaches Canada Annual Conference entitled: Fight for Change - MJKO Boxing Workshop

Participants learned how MJKO is using boxing as a tool to influence social change in low income areas of Toronto. The class was a combination of content and boxing based exercises. It was a non-contact class, where participants had a chance to learn the five ways MJKO is influencing positive change while learning how to throw, the one-two punch!

The breakout session was supported by MJKO Coaches:

1. Safia Ali, NCCP Level Two Boxing Coach, Fit Active Brave "Girls Only" Program Manager
2. Jimmy Zhang, NCCP Level Two Boxing Coach, 2015 Pan Am Games Torch Bearer, Amateur Boxer
3. Rio Muaydh, Boxing Coach



A VISIT FROM UFC: FORMER HEAVYWEIGHT CHAMPION STIPE MIOCIC & CANADIAN FIGHTER MISHA CIRKUNOV

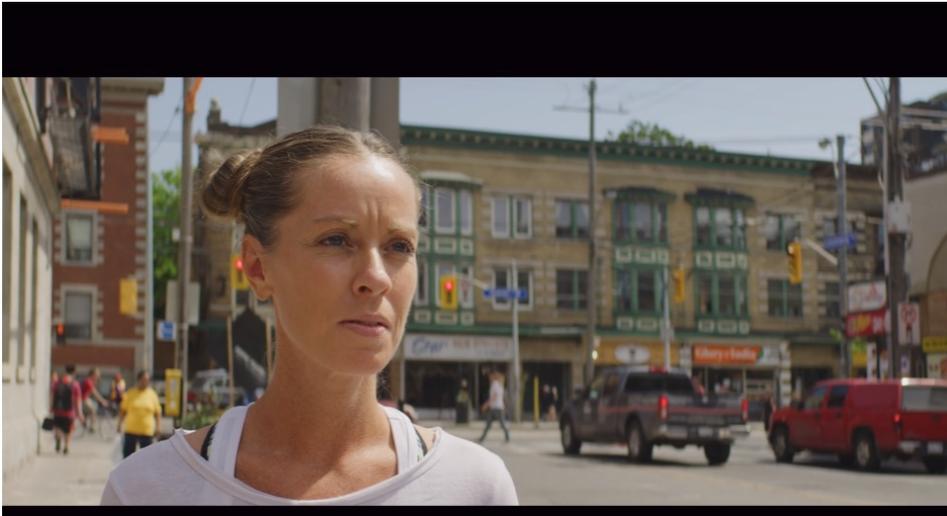
In 2018, the UFC celebrated their 25th anniversary as a global sports brand and the largest Pay-Pre-View event provider in the world. On December 7, 2018, VP David Shaw was on site at the MJKO Champion Centre with Stipe Miodic and Misha Cirkunov. In addition to the meet and greet, all athletes got a chance to work one on one with the UFC athletes.

The UFC Cares, which is their charitable arm, invited MJKO volunteers to work the UFC event at the Air Canada Center as 50/50 sellers. This amazing opportunity led to a financial contribution of just over \$10,000 to help support MJKO's free non-contact boxing programs. We would like to personally thank the MLSE Foundation for allowing our partnership at their venue and to Brian Smith, Senior Manager of UFC Corporate Communications who worked very hard behind the scenes to make sure our participants had a great time with the UFC family.



RESILIENT TORONTO

The City of Toronto recently did a short film on resilience which featured the MJKO family. The film was directed and produced by Lossless Creative. You will find it on our website. It is worth your time to see.



“MJKO is a boxing-based youth charity in South Parkdale that creates social change through sport. It's one example of how Torontonians are building and experiencing resilience in their communities, every day. The City of Toronto is developing its first ever Resilience Strategy and wants to know, what's your resilient story? Visit www.resilienttoronto.ca to learn more.”



GIVING TUESDAY - FUNDRAISING CAMPAIGN

MJKO ran a fundraising campaign in November as a part of the Giving Tuesday movement.

Giving Tuesday is a global movement for giving and volunteering. It's a time when charities, companies and individuals join together and rally for their favourite causes.

The MJKO family received a generous donation of a beautiful art piece from Thomas Canning. That art piece was the prize awarded to the winner of a random draw of all MJKO donors. You will see in the picture to the right the lucky family who won the art.

Thomas Canning is a prolific artist who used art to escape from a world of abuse and pain. He overcame his struggle with alcohol and drugs and began to donate his art to several organizations and giving his sales to charities.

With the help of Mr. Canning's art work and all our donors generosity, we raised \$6,037.



IN-KIND SUPPORT

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

Throughout 2018 MJKO received \$30,744 in funding from the City of Toronto's IIN's program. This funding allowed us to hire support staff.

FIRSTBOOK 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. In 2018, MJKO received \$5,153 in new books that we got into the hands of children and youth who need them.

MICROSOFT PHILANTHROPIES

Microsoft believes that technology can do amazing things. They partner with thousands of charities like MJKO to help us achieve our organizations mission. In 2018, MJKO received \$2,940 US in software donations.

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.

CSR ECO SOLUTIONS

CRS ECO works with charities, recyclers and liquidators from around the world. Each year MJKO calls upon CSR for different furniture needs. This year they helped with new filing cabinets, and a microwave.

JENNIFER WOOTON

Mrs. Wooton is committed to supporting MJKO in any way she can. She helps raise awareness and funding. This year she opened up her summer home to the kids of MJKO for a summer overnight camping trip. For many of our students this was their first exposure to green space.

THANK YOU TO ALL OUR MEDIA SUPPORTERS

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

- Jeff Sammut, Canada Now on Sirius XM Radio
- Jully Black, The Blackout with Jully Black



CORPORATE AND FOUNDATION GIVING

BROWN NUSBAUM FAMILY

\$10,000

JOHN AND CHRISTINE CURRIE FOUNDATION

\$10,000

ROSEDALE UNITED CHURCH

\$10,000

ROSESWIG MCRAE THORPE LLP

RMT are accountants who donate their time and money to help support MJKO. Each year the firm launches a campaign with their team agreeing to match any donations raised by their employees. This year the firm matched \$2,310 with a total donation of \$4,620. This is our biggest donation yet. Thank you!

KEVIN BURKE FAMILY FOUNDATION

\$2,000

MAPLE LEAF SPORTS & ENTERTAINMENT

\$25,054

UFC

\$10,904



INDIVIDUAL DONORS

Alex Picot-Annand

Angela Chen

Anna R Chu

Blanche Douglas

Brad Semotiuk

Brian Jollymore

Cathy Van Ingen

Charon Bhullar

Chris Pilkington

Clarissa Almeida

Damon Fabrizi

Daniel Wise

Debbie Milner

Debra & Patrick Melvin

Del Pigden

Denise Gonzalez

Dennis Minamata

Diane Warner

Dustin Jainaraine

Elizabeth Alexander

Jacquelyn Le

Jaimie Burke

Janet London

Javier Gonzalez

Jennifer Fannin

Jeremy Adiken

Jessica Chan

Joanne Taylor

Joseph Concepcion

Joseph Handcock

Julie O'Donnell

Karine Pogosian

Karthiga Ramachanthran

Kirk Herson

Linda McLachlan

Linh Tran

LORI THORPE

Lorraine Varga

Professional Corp

Lui Chu

Marie Macdonald

Mark Borsboom

Melanie Carrington

Michael Evans

Michael Rosenswig

Michelle Fletcher

Miranda C Kamal

Miriam Zachariah

Mr. Philip Bergerson

Nancy Luu

Nikeeta Siva

Omayya ALi

Pat Jollymore

Paula Lawlor

Puneet Grewal

Rachel Wong

Rami Abdouni

Ramin Rezaeinia

Randy Phipps

Richard Hsi

Sabrina Juma

Sanjeev Dhiman

Susan Yun

Sylvia Wong

Tammy Ralston

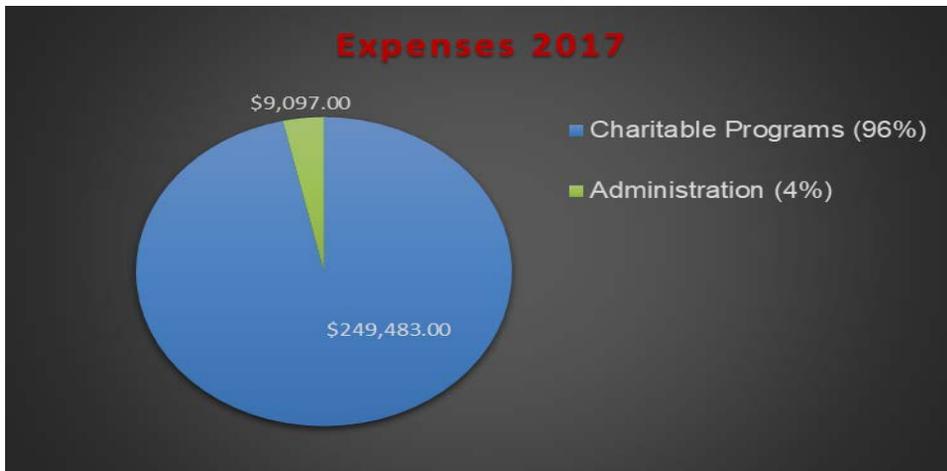
Tania Jivraj

Tom Hughes

Wing M Lau



FINANCIAL SNAPSHOT 2018



Excess of Revenue Over Expenses \$89,449

To view our full 2018
Financial Statements use
the following link:
[2018 Statements](#)

MJKO ANNUAL AWARDS

PATRICIA JOLLYMORE

MJKO Behind the Scenes Award

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

MR SUDEEP SANYAL, VICE PRINCIPAL ALEXANDRA MUIR /GLADSTONE PUBLIC SCHOOL

MJKO Commitment to Community Award

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.

RAFAEL KISS

MJKO Akeem Francis Inspire Others Award

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

MYCHAELYNN & MYCHAELA TRAN

MJKO Volunteer of the Year

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

SAMIRA ALI

MJKO Most Valuable Person

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

POLICE CONSTABLE NICK MAICANTIS

MJKO Police Officer of the Year Award

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.

SECOND HARVEST

2018 MJKO Corporate Responsibility Award

This award recognizes organizations whose outstanding generosity demonstrates a commitment to MJKO to achieve the dream of helping youth become Community Champions.

MJKO BOARD OF DIRECTORS

Board Chair

Brian Jollymore

Treasurer

Michelle Fletcher

Public Relations/Secretary

Randy Phipps 2014 Volunteer Toronto Legacy Award Winner

Community Relations Director

P.C. Mark Borsboom 2014 Toronto Police Officer of the Year

Director

Linda McLaughan



strong
confident
hard working
brave



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