



ANNUAL REPORT 2011



Message from Miranda & Ibrahim Kamal

We made it! Our first year as an Ontario Registered Charity has been a huge success. We would like to start off by thanking our Board of Directors, partners, donors and our committed volunteers.

Our accomplishments thus far are truly a combination of hope, commitment, and an underlying belief that all things are possible. Chasing dreams requires a lot of hard work, sweat, tears, and a strong support system but step by step we are climbing to the top of the not-for-profit mountain.

As a volunteer-centered organization, MJKO has a dedicated team of volunteers and community partners from the boxing community, Toronto Police Services, Youth Assisting Youth, Access Alliance, Humber College, The Town of Oakville, The Running Room, students and teachers from the Toronto District School Board/Catholic District School Board, local community centres, local MP's such as Kristy Duncan, Brendan Hart of Hart Law Firm and the general public, all of whom do their part to make MJKO a place of hope and love for all who dare to try the sweet science of boxing.

We are not only encouraging others to dream, we are dream chasers ourselves. Without our team, there would be no MJKO, so thank you from the bottom of our hearts.

Miranda and Ibrahim



TEAMWORK

MENTORING JUNIORS KIDS ORGANIZATION

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VISION

Our dream at MJKO is to shape our youth into future leaders by using the sport of non-contact boxing to get kids moving, thinking about healthy food choices and giving back to their communities.

MISSION

To educate youths residing in Toronto's 'at risk' areas by providing mentoring and leadership training programs in a safe and caring learning environment.

FOUNDING PRINCIPAL

Our founding principle is that taking time to fully prepare, practicing one's craft, and belief in oneself are the key elements in achieving one's goals.



FUTURE LEADERS

BACKGROUND

Mentoring Junior Kids Organization (MJKO) is an Ontario Charity that gives Toronto's youth an opportunity to participate in an organized lifestyle and physical fitness program called Blueprint. The Blueprint program delivers a multifaceted curriculum focused on leadership, goal setting, and physical fitness. MJKO's programming provides a safe environment focusing on:

1. Physical Activity
2. Social Skills Development (i.e. discipline, belief, dedication, commitment)
3. Mental Skills Training (what you believe you will achieve)
4. Nutrition
5. Commitment to community involvement (motivational talks/volunteer opportunities)

We recently started to incorporate language and applied math skills to our programming. Using the comparison of top level athletes traveling internationally, we show students how to apply basic math skills to everyday life needs. Simple examples include converting weight, or national currencies. We make learning math fun, and show students the importance of preparing themselves for success.



GOAL SETTING

THE BLUEPRINT PROGRAM

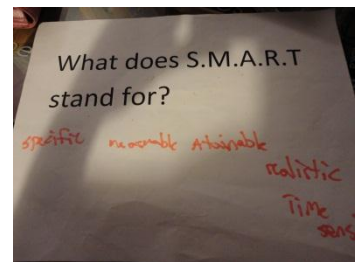
In less than two years MJKO has helped over 2000 young people between ages 6 and 18 throughout Toronto. The youth participating in our programs are from all ethnic backgrounds, primarily from single parent homes on a fixed income, and are at a high risk of joining street gangs. The Blueprint program helps to not only break down barriers between the police, community and kids, it gives youth a place to relieve stress, create new connections and it creates a sense of family.

We have expanded our reach to include students with learning disabilities who may be experiencing difficulties in learning, academic performance, social skills, or behavioural challenges. One of our most successful host locations is the Harbourfront Community Centre. The Blueprint program has been running weekly there since 2009, and has become an integral program within the community. Kids have moved away and have come back, only to find that we are still there moving and jabbing!

The MJKO Saturday boxing program is truly a community class. This free program is facilitated by volunteers, and includes a healthy snack for each participant. There are whole families who come to the class. Parents and children are working side by side as a team. Big brothers and sisters attend with their matches from the youth organization Youth Assisting Youth. They come together and learn together about what it means to be part of a family. Social workers from Community Services refer clients who just need to have a positive group to belong to – a safe place to blow off steam and learn about healthy living.

The best thing about the Blueprint program is that young offenders get to see the police in a positive light, and not under confrontational or negative circumstances. Together, cops and kids learn that we are all just human beings with an underlying need to belong to a group that loves and supports them.

The Blueprint program is that group. We fill the gap! We have modeled our community-style teaching and successfully delivered the Blueprint program to many locations throughout the Greater Toronto Area, Brampton and Oakville.



MJKO teamed up with Danny Cammisa and Toronto District School Board's Boys2Men to run a Christmas Camp at Central Technical Institute, Parkdale Collegiate and Agincourt Collegiate Institute. My hat is off to these young men, as they choose fitness over idle time. Their smiles, determination and commitment to becoming fearless leaders in our community is refreshing. To my surprise, 95% of the student feedback surveys had the correct words to complete the **S.M.A.R.T** acronym on goal setting: **S**pecific **M**easurable **A**ttainable **R**ealistic **T**ime sensitive.



NBA referee and former Toronto Raptor, Haywoode Workman, Gives Back to Toronto's Youth! "What's the difference between me and you?" Mr. Workman asked the students, gathered in the high school's weight room. The students looked at each other nervously, but no one answered. "Nothing", Mr. Workman answered his own question. "How old are you?" he asked one student. "18." "I'm 45. You're 18. That's the only difference." Mr. Workman went on to explain that in life, you can do anything you want to, but you have to work at it. Having talent is not enough. You have to work at it!



Am I too fat to box? One young student from Bloor Collegiate who thought she was too fat to box is now one of our proudest success stories. Kristina, who moved to Canada just two years ago from Slovakia, has not only become a great boxer, but a role model for all who know her. She is an MJKO Junior Trainer coaching other MJKO kids the importance of fitness, healthy eating and volunteer work.



MJKO introduces its boxing program to Brighton School, where students with learning disabilities excel. Director of Admissions Laura Goddard had this to say: "The services provided by MJKO have been an asset to our student population. Her [MJ's] instruction is mindful, educated, and compassionate. Based on our positive experience using MJKO Boxing, we definitely plan to incorporate their program again next year". One of the Brighton School participants was quoted saying this "Boxing makes me feel happier" Craig.



2011 ACCOMPLISHMENTS

Alex "Tornado Toronto" Ngoran brings home gold and says "MJKO helped keep me out of trouble."

Alex, pictured here, has not only stayed out of trouble but has recently moved to Quebec and has started competing! We are proud to say the Alex is 5-0, undefeated, and recently won best boxer at the Bronze Gloves. When commenting on his victory, Alex had this to say: "Thank you guys so much! If it wasn't for MJ, I wouldn't have won those fights by tko ...but maybe by a decision."



MJKO Founder Miranda Kamal win's Ontario Excellence in Coaching Award.

The Trailblazer Coach is an innovative, out-of-the-box thinker, a creative change agent who inspires others to follow, and has made a difference in their sport or for the athletes they coach. Whether coaching a community rep team or top performing provincial athletes, the coach who pushes the envelope, invents new approaches to old challenges and breaks through barriers. Taking the road less travelled is often bumpy, and this coach embraced the goal, persevered and made things better for their sport for years to come.



In celebration of Black History month MJKO kids had a private screening of Sweet Clara and the Freedom Quilt.

This 1850's story is about a young girl in search of freedom. Separated from her mother and sent to work as a field hand in North Carolina, Clara meets a new "aunt" who takes her under her wing. Clara learns to make a quilt, and then must decide whether or not to set off in search of freedom. This story telling session was delivered by one of MJKO's own, Khalilah Brooks.



MJKO and The Running Room, Liberty Village teamup giving kids in need running shoes.

Footwear is an essential part of a healthy lifestyle. The Running Room clients donate their gently used shoes, MJKO washes them and gives them to people in need. Last year we found homes for approximately 55 pairs of running shoes. Thank you Running Room!

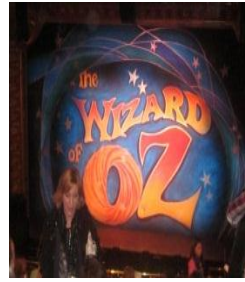


MENTORING JUNIORS KIDS ORGANIZATION

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PARTNERSHIP

Thanks to the generous support of the Kids Up Front Foundation, MJKO participants have been able to attend sports, arts, and cultural events throughout Toronto. Dreams come from all places. Many of MJKO students don't get a chance to dream big. When asked by Canadian Olympian Egerton Marcus what their personal goals were, one student from Central Technical School responded: "I just want to survive". Many students have never had a chance to feel the excitement of an NBA 3 point buzzer shot to win the game – the excitement, the adrenaline of being a part of the game. All of the kids below got that chance in 2011. Thank you Kids Up Front Foundation.



HARD WORKS PAYS

Individual Donors

Arvind Karir
Brian Jollymore
Linda McLachlan

Individual Ticket Donors

Gary Freedman
Julia Murray



COMMUNITY

MENTORING JUNIORS KIDS ORGANIZATION

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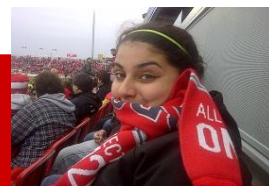
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YOUTH ASSISTING YOUTH
THE YOUTH MENTORING PEOPLE



PARTNERS



Financial Summary 2011

Income

43400 · Individual Donors	\$5,459.80
46200 · Program Income	\$10,350.00
46300 · Inventory Sales	\$2,335.00
46400 · Other Types of Income	<u>\$198.61</u>

Total Income	<u>\$18,343.41</u>
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Cost of Goods Sold

50000 · *Cost of Goods Sold	\$1,703.83
Total COGS	\$1,703.83

Gross Profit

\$16,639.58

Expense

60300 · Awards and Grants	\$154.55
62800 · Facilities and Equipment	\$2,230.62
65000 · Programs and Operations	\$12,937.25
65100 · Advertising and other Expenses	\$1,177.85
65200 · Snacks	\$641.77
65300 · Insurance	<u>\$2,803.92</u>

Total Expense	<u>\$19,945.96</u>
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Net Income	<u>(\$3,306.38)</u>
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Together we are getting kids moving, dreaming the big dream and understanding the value of volunteerism.

To learn more about volunteer opportunities with the Mentoring Juniors Kids Organization (MJKO) or to donate please contact

believe@mjko.ca

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GIVING

