



ANNUAL REPORT 2012



Message from Miranda & Ibrahim Kamal

Time fly's when you are having fun. It's hard to believe another successful year has passed us by. This year we have been featured on Global News, CTV News, Good News Toronto, National Post, Much Music, Ryerson Rams TV and many more online publications – the question that always hits us hardest is:

“How do you know you are making a difference?”

For me, Miranda, it hit me when I got a note from a student at Christmas time who seemed like a happy go lucky lady: “Thank you both for changing my life. I was in a depression before I started working with MJKO. But after I joined, I started liking it and told all my friends how great it was. I love it! I am fully out of my depression. You have taught me valuable skills in life and in boxing. I love you both and the MJKO organization.” What's amazing about this young person is that she was born with no hearing. I would have never known she was so sad or in a depression. To me I saw a brave young lady who was overcoming obstacles everyday. Her note brought tears to my eyes as it was a moment where I felt “I'm making a difference”

For Ibrahim it was when one of our harder boys broke down crying, sobbing saying how badly he wanted to be good and to do good. He shared how he saw Ibrahim as role model and that together we are all going to create positive change in the young people of Toronto. That was the first time Ibrahim ever believed – he was truly impacting lives. You always hear athletes are role models but it's different when you see it and feel it with your heart.

The sport of boxing has given us both so much and we believe it's our duty to pay it forward.

Miranda & Ibrahim



MENTORING JUNIORS KIDS ORGANIZATION

WWW.MJKO.CA

Mission

Mentoring Juniors Kids Organization (MJKO) is a dynamic charitable organization, which facilitates and provides extra-curricular activities to youth living in at-risk areas of Ontario. Our goal at MJKO is to get kids moving, thinking about healthy food choices, boosting their self-esteem and helping them understand the value of volunteerism through the sport non-contact boxing. We provide a safe and caring learning environment for all youth; including youth with physical or mental special needs.

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

Blueprint Program

MJKO's Blueprint Program delivers a multifaceted curriculum, focused on keeping our youth off the streets and teaching them the lifetime benefits of physical fitness. Through the Blueprint Program, MJKO gives participants the encouragement they need to feel inspired about their future.

You may be wondering: How can boxing be non-contact? The answer is that we focus on the skills that boxing teaches, and incorporate exercises such as skipping, shadow-boxing, calisthenics, mental skills training, etc. that are required to succeed as a boxer. For example, shadow-boxing is an important exercise used in training. It disciplines the muscles while boxing with an imaginary opponent, thus the term shadow-boxing. This is an individual exercise that does not involve any contact with other participants.

MJKO always focuses beyond the physical benefits of boxing, and onto educational benefits as well. For example, math is an important tool for understanding boxing. We talk about weight conversion, statistical percentages and currency conversion for athletes who may travel abroad. Language is also a big learning resource at MJKO. Since our students bring with them an array of foreign language skills, we encourage peer-teaching and exchange phrases like: hello, thank you, good game, how are you? Not only does this exercise build an inclusive community and acceptance it also gives the students other skills and teaches them good sportsmanship.



ALL YOUTH WELCOME

BACKGROUND CONTINUED

MJKO is a volunteer-centered organization. Our team gives youth the confidence to pursue what they are passionate about while gaining a love for physical fitness. There are many challenges facing our youth everyday, including bullying, obesity, and sexual assault. MJKO uses the Blueprint Program to address these youth-specific problems with a unique interactive, skill-building program, focusing on five basic components:

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 (Motivation Talks/Volunteer Opportunities)

In less than three years, MJKO has helped over 3000 young people between ages 6 and 18 throughout Toronto's priority neighbourhoods. 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. MJKO also provides an inclusive environment for students with learning disabilities who may be experiencing difficulties in learning, academic performance, social skills or behavioural issues. The 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 creates a sense of family.



PHYSICAL & EDUCATIONAL

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SUCSESSES

In 2012, Mentoring Juniors Kids Organization (MJKO) introduced the sport of non-contacting boxing to approximately 1400 male and female youths within Ontario. We had 6 MJKO volunteers receive Level 1 Coaching training with our Provincial Sport Body, Boxing Ontario. With the help of Kids Up Front distributed 333 tickets (In-kind value \$27,615) to Sports, Arts & Cultural events like Raptors Games, Toronto Maple Leafs, TFC, Swan Lake Ballet, UFC, Snow White the Musical, etc. It's pretty amazing stuff considering MJKO has no home gym or facility, annual revenues of \$30,000 and no paid staff.

"MJKO is an outstanding organization that coaches the fundamental benefits of developing life skills through sport. They have shown exceptional skill and ability in using our sport to impact hundreds of youth a year allowing them to believe in themselves, prepare for life's challenges and face them head on with the tools they have acquired. MJKO has become a constant in the lives of many and they now need the support to impact more lives." Matthew Kennedy, Executive Director, Boxing Ontario

"MJKO is an extremely beneficial organization, in that the vision and mandate promote positive leadership and healthy attitudes" Ruchi Patel, Physical Education, Chinguacousy Secondary School



OVER 3000 YOUTHS SERVED

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TO2015 Pan Am Games Make It Happen – Anti Bullying talk Ryerson



MJKO Swagger presentation for MaRS Future Leaders Bootcamp



CBC National Sports Day



10 Week Boxing Challenge



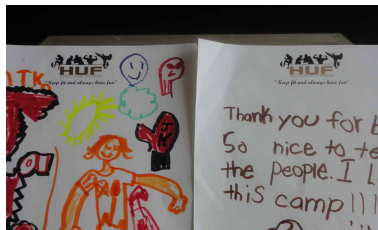
James Cardinal McGuigan Catholic High School Anti Bullying Address



Toronto Police Services 14 Division gifts for MJKO kids



PC Jessie holding pads for his team from Assess Alliant



Huf Boxing Club Thank You Letters



Motivate Canada Activation Weekend



14 Division Police Officers, MJ, IB & Khaleah Runner Up Inspire Others Contest Winner



Miranda Kamal sharing her story on the Oprah Network



Woolner Park Community Fun Day with Toronto Police

IN THE COMMUNITY

Everest 2012 S.E.L.F Award Winner

It was an honor for me, Miranda, to be recognized by one of the top Athletic schools in the Province, Everest Academy. I was awarded the winner of the Leadership category. The night was full of surprises. Ibrahim and I met the other award winners such as David Kittner. David known on the social media circuit as “Youth Fitness Guy” is a published writer and fitness guru. He shared our passion for making physical fitness fun and play based.

What was most memorable that night was not the awards but the speeches. We met The Great One’s dad, Walter Gretzky. He spoke as a father from humble beginnings and how he was the first one to flood his backyard to create a ice rink for his son. Then he started to tear up as he shared with us that he can not remember any of Wayne’s time as a professional hockey player. In 1991, 5 days before his 53rd birthday he suffered a brain aneurysm which took away his long term memory.

Mr. Gretzky’s message hit me hard – appreciate your loved ones every day. Do what you love and work hard. You never know what the future may hold. I share his message with you all in hopes that you follow his words of wisdom.



MJKO returns for a second year to Brighton School.

Introducing students with special needs to the the early stages of the Long Term Athlete Development(LTAD) plan. FUNDamentals focuses on a wide range of movements and skills needed to be successful in sports. As a instructor this was a great learning opportunity as the kids at Brighton school kept us on our toes. We came up with some fun and exciting ways to teach teamwork, boxing basics and nutrition. “Simon Says” is a great game to evoke youth led teaching where the students get to practice what they have learned. We are happy to report our friends at the Toronto Police 33 Division made some special appearances to help mentor the kids, chat about life as a police officer and even give the students a chance to ride in the police car.

“Boxing makes me feel happier!” Craig

“I enjoyed working with the cops. They taught us about strength” Lucas

2012 ACCOMPLISHMENTS

MENTORING JUNIORS KIDS ORGANIZATION

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CBC National Sports Day

On September 29, 2012 MJKO supported Sports Day in Canada, a national celebration of sport, from grassroots to high-performance levels, with a Boxing “Try It” Event with 8 time National Champion, Ibrahim “Firearm” Kamal on site to sign autographs. “Sport can be a powerful and positive influence in our communities,” says Kelly Murumets, President and CEO of ParticipACTION, the national voice of physical activity and sport participation in Canada. “Sports Day in Canada is a great opportunity for families and kids of all ages to celebrate their favourite sport or try their hand at something new – it’s all part of finding fun, easy ways to live a healthier, more active lifestyle.”

Sports have the ability to create hope, to break down barriers and build local heroes. Historically, leaders are born on sports fields, in the ring and on the ice. MJKO was thrilled to be part of Sports Day in Canada. We are most thankful for our visit from CTV’s Pauline Chan and Camera Man Dave for sharing our event with their viewership on CTV News Lifetime Report. We’d also like to thank the best photographer in the Greater Toronto Area, Rick Bender for capturing our event.



NATIONAL SPORTS DAY

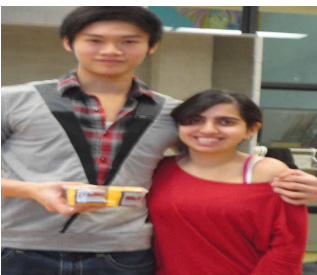
ParticipACTION Teen Challenge

The ParticipACTION Teen Challenge is breaking down the barriers that prevent teens from getting active. Working with community organizations we provide the support that teens need to find an activity that motivates them to get moving.

MJKO has become proud community partners with Teen ParticipACTION running 4 challenges in 2012:

1. 10 Week Boxing Challenge
2. Wave Your Flag 2012 Olympics
3. I Challenge You to a Boxing Sign Off
4. My Turn to Coach

Teen ParticipACTION has provided micro grants for the above challenges and supported many community groups application to hire MJKO to run weekly workshops. There support is priceless.



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Kids Up Front Foundation

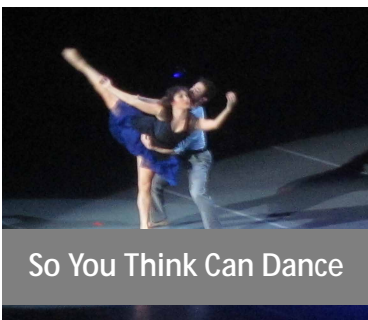
Thanks to the generous support of the Kids Up Front Foundation, MJKO participants have been able to attend sports, arts, and cultural events throughout Toronto. Dreams come from all sorts of places. Many of MJKO students don't get a chance to dream big or attend pricey events like Musicals, Leafs games or Swan Lake Ballet. The partnership we have with Kids Up Front Foundation is truly priceless. They allow us to create hope, sleepless nights of excitement and experiences that will be remembered forever. You can only have one first concert. Last year MJKO received 333 tickets from KUF totalling \$27, 615. **Thank you Kids Up Front Foundation and your donors. We love you!**



Kristina at the Ontario Science Centre



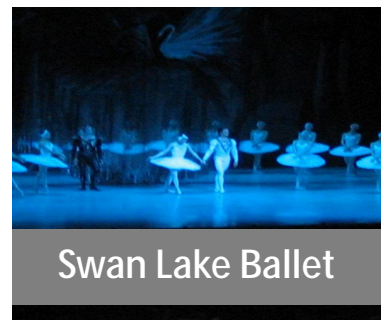
Blue Jays Game



So You Think Can Dance



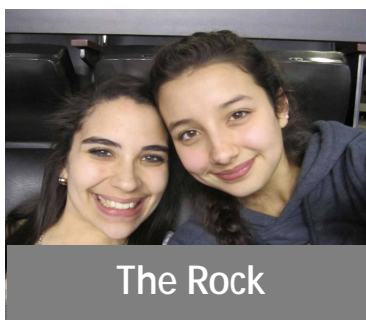
Crescent Town Crew watching NY Knicks Linsanity



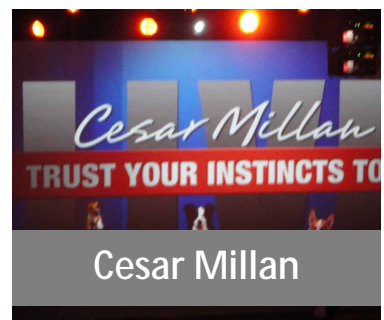
Swan Lake Ballet



Damon & MJ at Argo



The Rock



Cesar Millan

KIDS UP FRONT

MLSE Team Up Fund

Where to begin – I'm sure many of you remember back in 2012 we were on the hunt for votes. We were taking part in an online grant contest with MLSE Team Up Foundation. Being a new charity our reach is not as big as some of our competitors so collecting votes was an uphill battle. When winning became out of sight, we decided to lend our support to our Kids Up Front Partners who were close to the finish line. With our help they made the cut off and were successful.

Our sportsman like conduct and great program did not go unnoticed by our friends at MLSE Team Up Fund who believe sports have the power to change lives. In late spring of 2012, when driving with a student to host a program we got a call from a wonderful lady Kayla with news of saving grace. MJKO has been running on fumes and hope since our beginning in 2012, so when Kayla told us that MLSE Team Up Fund wanted to support our Parkdale Blueprint Program with \$8854 of funding. Kristina and I were over joyed with happiness. I had to focus so not to crash the car. The support we have been given from MLSE Team Up Fund has been life changing for all those involved. The funding provided by MLSE Team Up Fund is helping to fund the Blueprint program at Parkdale Public School which is a part of the Toronto Police Services' 11 Division.



Jacob with Leafs mascot



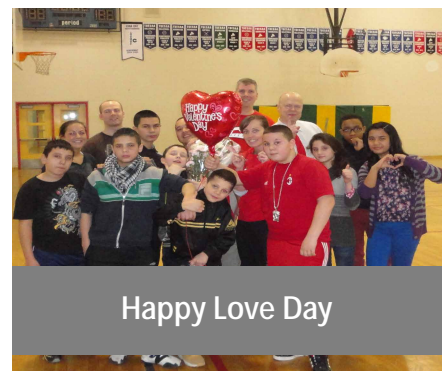
Josephine & Jamila before boxing class



Raptors Game



Police Constable James & kids at Breakfast of Impact



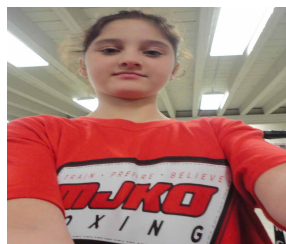
Happy Love Day

MLSE Team Up Fund – Con't

Students attending Parkdale public school are from all walks of life with the biggest group being the Roma community.

“It has been transformational for some of these students. We have a large population of Roma students at our school and this boxing program is very popular with them, especially with some of the more challenging male students. I have seen marked improvements in their respect for authority and commitment to academic curriculum. I feel the club really fosters a sense of community and inclusion, especially with the police officers helping to coach. With Miranda being a women, she has not only taught our boys a valuable lesson in gender equality, she has also attracted a core group of girls that have benefitted from the boost in confidence that the program engenders them.” *Trevor Douglas, Vice Principal*

“This program at Parkdale Elementary School has now been running for the past 7 months and has been a great success. In discussion with my officers who actually work with the children, I was advised that there has been a real improvement in their discipline and demeanour. Children who were previously withdrawn and lacked respect for authority were now enthusiastic, attentive and respectful to adult figures including the police. This program allowed the officers to appear “human-like” in the eyes of the participants and some wonderful relationships have been established. The majority of children attending Parkdale Elementary school are from immigrant families where finances are very limited and the role of police is suspect. Many of these barriers have since been eliminated.” *Phillip Van Andel, Staff Sergeant, 11 Division Community Response*



MJKO partners with Ignite 2015

The IGNITE program is a community partnership enabling individuals, organizations and communities to be associated with the Games, and hopes to encompass the projects and events that are inspired by the Games coming to the region.

IGNITE aims to inspire the region to connect together to build excitement around the Games, invoke pride within the region and leave a positive legacy. This partnership program wishes to capture the great initiatives that are happening within our communities. We are enthusiastic to work with local champions to get more people healthy, active and celebrating the cultures of the Americas.

Wave Your Flag TO2015 - In conjunction with the 2015 Pan Am Games being held in Toronto we are having the "MJKO, Wave Your Flag, Boxing Challenge". Participants will learn proper Pan Am Games Style Boxing and some interesting facts about some of the 41 countries boxing at the games. Students will represent one country throughout the challenge and they are expected to research this country and share some interesting facts with respect to their history participating in the Pan Am Games.

Team Kamal Make IT Happen TO2015 Athlete Ambassadors :Dream It. Live It

The Make It Happen program is an exciting and unique Toronto 2015 Games initiative that brings together high-performance athletes and Grade 9 and 10 students to inspire them to set achievable goals, get involved in their communities and pursue healthy, active living.

Ibrahim Kamal knows firsthand the power of the Pan Am Games. As not only an athlete who took part in the games but as an Athlete Ambassador with the "Make It Happen Program", Ibrahim alongside his wife Miranda Kamal, inspire kids with the following statement. The amazing thing about the Pan Am Games is that it brings ordinary people from 41 counties, with different cultures, backgrounds and economic classes together to achieve extra-ordinary results.

It's all about having a dream and making it happen.



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Annual Fundraiser

In October 2012, MJKO held its first annual benefit. This event raised awareness about MJKO programming and over \$7000 through ticket sales and generous sponsors such as Porter, Barefoot Wine, The Centre for Sport and Recreation Medicine, Shamba and many more.

We are most thankful for the support of our hosting partner Shamba (<http://www.shamba.ca>.) Penny and Inga were behind the scenes coaching us and helping make sure we didn't forget a thing. Their patience, expertise and kindness were the key ingredients needed to host our first annual benefit.

Celebrity host, Cabral "Cabbie" Richards of TSN Sports came through with a funny story of meeting one of the most talented athletes of all time, Michael Jordan. We had an inspiring young man by the name of Farij Abbas from YTGA, (<http://www.ytga.com>). His powerful performance created a feeling of hope and belief that a young person with a vision can create impact that will stand the test of time. Canadian Olympic Silver Medalist, Egerton Marcus shared his feelings of pride being a part of the MJKO board and the community leader Miranda has become. The event was well supported with members of the boxing community, the Toronto Police, community funders and Torontonians passion about our youth.

Silver Supporters

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E & J Gallo Winery Canada

Bronze Sponsors

The Centre for Sport and Recreation Medicine
<http://www.torontosportsmedicine.ca/>
Mr. & Mrs. Jollymore

Media Supporters

Lou Eisen, Fight Network
Fraser Douglas, SNAP Downtown

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RINGS ROPES & RAISING HOPE

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Foundations

MLSE Foundation

Micro Grants

ParticipACTION Teen Challenge



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PARTNERS



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MENTORING JUNIOR KIDS ORGANIZATION
STATEMENT OF REVENUE AND EXPENDITURES
for the period ended December 31, 2012
(Unaudited)

REVENUE	
Donation Revenue	
Received Cash Donations	\$ 4,571.00
Received Gift In Kind Donations	4,598.32
Cash Donations from Other charities	5,734.00
Donated Gifts in Kind from Other Charities	27,615.36
Non-receipted donations	2,062.42
	\$ 44,581.10
Other	
Fundraising - Ticket Sales & Event Revenue	3,397.78
Program Services	7,470.50
Inventory Sales	4,787.00
Interest and Investment Income	6.38
Total Revenue	\$ 60,242.76
EXPENDITURES	
Charitable Program Expenses	
Advertising	\$ 529.51
Program Delivery	36,807.83
Student Awards and Prizes	621.44
Vehicle and Travel	3,241.57
Printing and Copies	673.30
Volunteer Staff Development	419.70
Books and Reference Materials	240.00
Insurance	3,478.30
	\$ 46,011.65
Administrative Expenses	
Bank and Pay Pal fees	\$ 56.30
Postage	180.09
Telephone and Internet	2,264.62
Software	113.00
	2,614.01
Fundraising	
Advertising and Marketing	\$ 167.78
Event Supplies	1,958.05
Cost of Goods Sold	2,440.51
	4,566.34
Total Expenditures	53,192.00
SURPLUS	
Increase (Decrease) in Surplus during Period	\$ 7,050.76

FINANCIALS

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Randy Phipps

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Director

Egerton Marcus

Director

Matt Cunnington

Volunteer Staff

Executive Director

Miranda Kamal

Technical Programs Director

Ibrahim Kamal





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