

Fierce N Fit Special Needs Charitable Organization

2022 ANNUAL REPORT TO THE COMMUNITY



A Place for All



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LIVING OUR MISSION

Our vision is to unite our community by creating a place for all, including people with physical and intellectual disabilities.

Our mission is to use the sport of boxing and physical exercise to improve the physical, psychological, emotional, and spiritual lives of those with special needs.



FNF is a safe space for people with different abilities to learn the sport of boxing in an inclusive, welcoming environment.

MESSAGE FROM THE EXECUTIVE DIRECTOR

I'm delighted to share this first Annual Report with the Fierce N Fit community. Some of you will know that I have worked in Special Education for 17 years. I've been a competitive boxer for the past 15 years, representing Canada on the international stage. I've earned my position and was scheduled to compete at the 2020 Tokyo Olympics. Unfortunately, the world pandemic changed these plans and I didn't compete.



Taveena Kum, Founder & Executive Director

Instead, I found another way to channel my energy while investing in my community. I started a Special Needs Boxing program, which has grown and transformed into what is now a thriving charitable organization.

I have been blessed to combine my two specialties to create the Fierce N Fit Special Needs Charitable Organization. I look forward to the years ahead as we reach further into our community to serve many more people with special needs.

In addition to our Special Needs Boxing team, we have a new program for adults with brain injuries and other neurological conditions. We have partnered with an extensive rehabilitation program, PHSS Medical & Complex Care to deliver boxing training to their clients.



THANK YOU TO... OUR GENEROUS VOLUNTEERS WHO FUEL OUR EFFORTS



MEET OUR BOARD OF DIRECTORS

We warmly welcome you to our 2022 Annual Report to the Community. Whether this is your first interaction with Fierce N Fit Special Needs Charitable Organization or you are familiar with our organization, we invite you to learn more about the difference we are making in the lives of the people we serve.

FNF programs are inclusive and designed to serve our clients' needs regardless of physical or cognitive ability. FNF works with individuals with Down Syndrome, Asperger Syndrome, Fetal Alcohol Syndrome, Tourette Syndrome, Cerebral Palsy, Attention Deficit Hyperactivity Disorder, and other learning and cognitive disorders.



Donna Swiech
President



Faisal Rehman
Secretary

The Fierce N Fit Board of Directors is made up of a group of like-minded individuals who lend their time, talent and effort in support of this new and much-needed charitable organization



Bronwyn Hersen



Celeste Hooper



Miemen Abebe

STATISTICS

We serve more than 50 clients and are growing.

We partner with 2 large rehabilitation services; PHSS Community & Complex Care, KW Habilitation Services.

In Ontario, approximately 2.6 million people have a disability. This means roughly 1 in 4 Ontarians live with a disability and face various types of accessibility challenges in their everyday life.



15 Volunteers run our programs and socials.

Every Volunteer Coach is Certified in Coaching Athletes with a Disability, through the National Coaching Certification Program (NCCP).



Our dedicated volunteers lead our programs and services, supporting people of all abilities and fitness levels. We encourage staying active and staying connected.

Our training programs are non-contact and are developed to meet various physical and cognitive needs.

PARTNERSHIP WITH PHSS MEDICAL AND COMPLEX CARE IN COMMUNITY



PHSS supports more than 250 individuals in more than 60 locations across the province, providing 24-hour care in residential homes, day and overnight respite, specialized complex medical care, intensive behavioural supports, recreational programs, and support for individuals living at home with their families.



Taveena and her team effectively train multiple individuals with a variety of medical conditions and varying physical, and communication abilities. The Fierce N Fit Team works with clients with complex medical needs, including people who are ventilator dependent and medically fragile, individuals with limited mobility who may be wheelchair bound, and people with limited communication skills.



We adapt our training to the needs of the client. In addition to our physical training sessions, we take time before and after each session to do a wellness check to see how all of our members are doing and to allow people to share their successes and their challenges. This is an extremely valued part of our program.

KW HABILITATION SERVICES

YEP PROGRAM



KW Habilitation provides interactive and engaging summer programs for youth between the ages of 13 – 21. **Youth Exploring Possibilities (YEP)** helps connect the younger generation to recreational activities and community resources throughout the Kitchener Waterloo area.



Fierce N Fit hosts the KW habilitation YEP program every summer. In 2022 we had a great turn out with many KW Habilitation Special Needs Athletes and Community Workers turning out in person to train at our gym. Our amazing volunteer coaches put together a great boxing workout, full of fun and creative exercises to meet all levels of ability.

Every year, we create a video highlighting their boxing experiences at Fierce N Fit Boxing. Videos have been uploaded on to YouTube so that participants can share their experiences with family and friends.

We want to thank the YEP program for joining us. We look forward to hosting the YEP program again next year!

COMMUNITY SOCIAL SERVICES



We have many social activities including movie nights, game nights, karaoke days and dinner events where we strengthen the bond between the athletes, coaches, and parents. We strive to provide an environment, where everyone feels safe and free to be themselves. Parents and caregivers are invited and are encouraged to join our events or to drop the athlete off and take some respite time for themselves.



NON-CONTACT BOXING PROGRAMS



Our mission is to use the sport of boxing and physical exercise to improve the physical, psychological, emotional and spiritual lives of those with special needs.



We have both in person and virtual Boxing. Along with our in person boxing we have decided to continue with our virtual Boxing programs, post pandemic. All of our members rely on parents, guardians or caregivers for transportation to and from

the gym facility.

Some of our athletes are located in other parts of Ontario or are confined to their homes, hospital rooms or beds. Training online allows our athletes to have the option to join our exercise sessions in the comfort of their own home.





Our training programs are non-contact and developed to meet a variety of physical and cognitive needs. Our program exercises provide cardiovascular, flexibility and strength training to our athletes. We cater to all abilities and fitness levels. Our programs are tailored to the athletes physical or cognitive disability.

We have adaptive wheelchair and special needs boxing classes. Training with like-minded individuals in a safe and non-judgmental environment helps build trust, relationships and provides a social connection amongst our members.



These activities provide an opportunity to socialize and build friendships. The engagement in a variety of Community activities provides an opportunity to experience new things, learn problem-solving and social skills.

Our social activities consist of online and in person activities. We have organized Movie days, Kahoot trivia games, arts and crafts, outdoor fair, Community Concert, and fundraiser event.

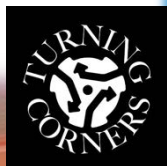


CHARITY CONCERT FOR CHAMPIONS WITH SPECIAL NEEDS

Our first annual Charity fundraiser event was held on June 18, 2022. It is titled "Charity Concert for Champions with Special Needs". I am grateful to everyone for supporting our team. It was Incredible to see how many people were out enjoying the evening and supporting our cause. It was such a great turn out and a huge success.

It is great to see that our special-needs community can come together. Our event was featured on CTV News live.

I want to give out a special thank you to our entire Organizing Committee, Volunteers, Sponsors, Donors and everyone who took part in this event. We had an incredible raffle and generous cash donations. Our Fierce N Fit Boxing team raised over \$23,000 towards the Fierce N Fit Special Needs Charitable Organization. Our vision is to create a place for all.



Music From Local Band

THE FOUR CORNERS

PLAYING ALL THE HITS FROM THE 60's, 70's and 80's



All proceeds will be donated to
FIERCE N FIT SPECIAL NEEDS CHARITABLE ORGANIZATION

Entrance Fee: \$10 or Donation
Pay at door

- Cash Bar
- Free Pizza
- Dance Party
- Award Ceremony
- Bring Cash for Cool Raffle Prizes

LOCATION
ROYAL CANADIAN LEGION
BRANCH 412 HALL
601 WELLINGTON ST. NORTH
KITCHENER, ON

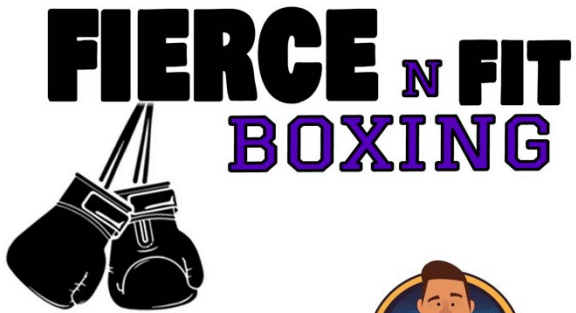
To donate email Taveena Kum at donations@fiercenfitboxing.com



FIERCE N FIT BOXING

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@fiercenfitboxing
www.fiercenfitboxing.com
info@fiercenfitboxing.com
519-589-9652





FIERCE N FIT ANNUAL AWARD WINNERS



TAVEENA KUM

Taveena Kum received an award from the London Health Science Foundation for her contributions towards making our community a better place for all. This award was presented to Taveena at the Showdown in the Downtown Annual Charity fundraiser on October 22, 2022.

FAISAL REHMAN

Faisal Rehman received an award for his contributions to our Special Needs Boxing program. He is an active board member who brings much knowledge to our non-profit charity program. He has helped transform our special-needs boxing program into an official registered charity. Although he is a busy doctor and University professor, he still makes time to socialize and train our special needs athletes.



KATHLEEN SGRO

Kathleen Sgro received an award for her contributions to our Special Needs Boxing program. She started off as one of our special needs athletes and has earned and worked her way to becoming one of our boxing coaches. She creates our music playlist and runs social nights.

BRONWYN HERSEN

Bronwyn Hersen received an award for her contributions to our Special Needs Boxing program. She is a fourth-year medical student. She was the first volunteer Coach to assist Taveena in running our virtual Boxing sessions. She has helped grow this program through our virtual training sessions. She also sits on the Board of Directors of the Fierce N Fit Special Needs Charitable Organization.

SAM WEBER

Sam Weber received an award for his contributions to our special-needs boxing program. He is a sheet-metal apprentice, who gives his all at everything he does. He is our Lead Coach and brings a powerful energy to our class. He's well known by both our PHSS Boxing group and our Special Needs Boxing group.

JOHN TAMMING

John Tamming received an award for his contributions to our Special Needs Boxing program. He is the father of one of our first Special Needs Athletes. He helped us transform our group of boxers into a "United Boxing Team!" He donated a huge supply of boxing shirts to our program. We are now seen and recognized everywhere we go.

JORDEN NIXON & SCOTT MACKIE

Jorden Nixon and Scott Mackie received an award for their contributions to our Special Needs Boxing program. They are valued athletes on our Boxing team. They have been through some tough medical struggles. Despite their severe health struggles, they have stayed positive and inspire everyone around them. Both of these athletes continue to join our program virtually. They have been a source of inspiration for our whole team.

STUDENT LEADERSHIP



Our programs provide an opportunity to gain leadership experience, build confidence and self-esteem.

This year we had a great group of student volunteers assisting with our programs. They have shown tremendous confidence in themselves as leaders throughout the year, assisting with training programs and social activities. Also, some of our special-needs athletes have become peer leaders in our program. Demonstrating excellent communication, and social skills.

FIERCE N FIT BOXING



HOLIDAY FESTIVE WORKOUT

Jeff Ashton is one of our newest Boxing Coaches. He created a fabulous fundraiser idea, coined "The Holiday Festive Workout".

A few coaches filmed an online Boxing Workout to help our athletes, parents, family and friends stay active over the holidays. Athletes posted videos of themselves training and used this as a platform to raise money from the general public to support our boxing program. We are excited to announce that we raised \$2200 for the Fierce N Fit Special Needs Charitable Organization.



FIERCE N FIT SPECIAL NEEDS CHARITABLE ORGANIZATION

HOLIDAY FESTIVE WORKOUT

\$2200

FIERCE N FIT
BOXING





 **Chelsey Walters**
Dec 29, 2022 · 

Fierce N Fit Boxing thanks for the workout today



  You and 6 others 1 comment



OUR GENEROUS SUPPORTERS

Fierce N Fit Special Needs Charitable Organization is strategically positioned to sustain and grow its organization. All the programs and services are available to our clients regardless of their financial abilities. No athlete is ever turned away for financial reasons. We are able to do this because of our generous, volunteers, sponsors and donors.

Thanks to everyone who supported the creation of this charitable organization and your dedication to seeing it grow. Your support allows us to give the gift of strength and resilience to those we serve.

We depend on our community. Together we can continue to serve in this unique and fun way.



The Showdown in the Downtown Annual Charity Fundraiser event held in October was organized and run by Coach/Dr. Faisal Rehman.

He ran this event and stepped into the ring for his first professional MMA Fight. The event supported organizations that combat medical illness, poverty, homelessness and mental health.

The Fierce N Fit Special Needs Charitable Organization was one of the beneficiaries of this year's fundraiser and was honoured to receive a \$20,000 donation.

OFFICIALLY REGISTERED

We Are Officially a Registered Charitable Organization!

Registered Charity # 765566542RR0001

The Fierce N Fit Special Needs Charitable Organization needs your support to continue its mission to make physical fitness and boxing training accessible for all. Every donation makes a difference. All funds will be directed into our Special Needs Community programs, funds will be used towards supporting rental costs for our physical location and equipment to enhance our training programs. Your donations will continue to allow us to provide a safe and enjoyable training environment for our Special Needs Athletes.

A Charitable Tax Receipt will be generated following all online donations.

You can donate through our website www.fiercenfitboxing.com or e-transfer donations@fiercenfitboxing.com, please follow up with an email including your full name and address if a receipt is required.



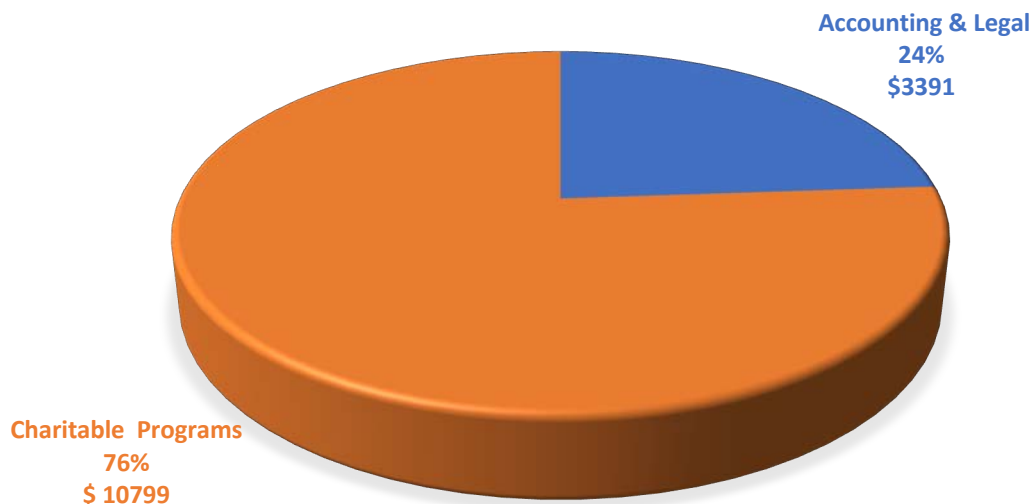
Donation QR code



FINANCE



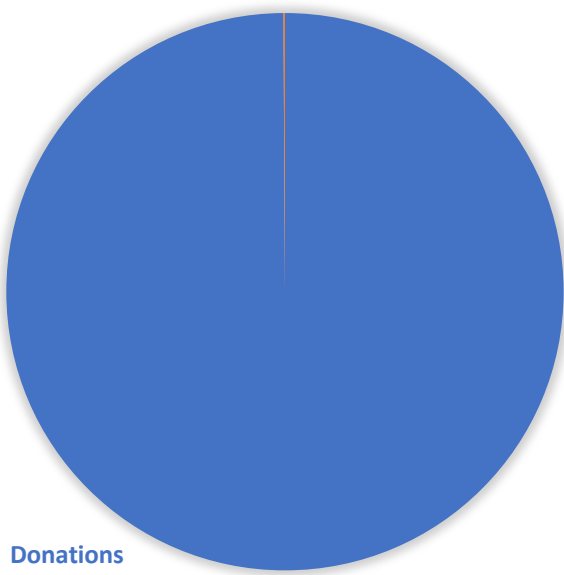
2022 STATEMENT OF OPERATIONS



To view our full 2022 Financial Statements, use the following link:

https://www.fiercenfitboxing.com/files/ugd/51b941_891e9cbd25f24991a6b0ada968d835f8.pdf

SOURCES OF REVENUE



Donations
100%
\$33742

YOUR GIFTS IN ACTION

Note: At this early stage, FNF does not have the resources to pay staff. It acknowledges the tremendous contributions of all its volunteers.

Note: 100% of the revenue to run this organization comes from donations.

Our gratitude is enormous.



A Place for All

Taveena Kum

Founder, Executive Director, and Head Coach

Gym Location:

41 River Rd E, Unit 8 & 9
Kitchener, ON N2B 2G3

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info@fiercenfitboxing.com

Registered Charity # 765566542RR0001

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