



FIERCE N FIT SPECIAL NEEDS CHARITABLE ORGANIZATION

Annual Report
2022 - 2023

www.fiercenfitboxing.com

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Mission & Vision



Mission Statement:

Fierce N Fit Special Needs Charitable Organization is dedicated to utilizing the transformative power of boxing and physical exercise to enhance the lives of individuals with special needs. Our mission encompasses fostering improvements in physical health, psychological well-being, emotional resilience, and spiritual fulfillment.

Vision Statement:

Our vision is to cultivate a unified community where individuals with physical and intellectual disabilities are fully included, valued, and empowered. Through our initiatives, we aspire to Create A Place For All, promoting diversity, equity, and accessibility in all aspects of society.

Message from Executive Director

Taveena Kum

Fiscal Year November 1, 2022 to October 31, 2023



"2023 marked a remarkable year of growth and achievement for our organization. It was our inaugural year operating as a Canada Revenue Approved charitable organization, symbolizing a significant milestone in our journey. Throughout the year, our focus was on expanding our reach to more community members living with special needs, acknowledging contributions of our dedicated volunteers, and forging partnerships within the charitable sector.

Our membership numbers experienced exponential growth, presenting us with the challenge of adapting our training and expanding our in-person gym classes. We are immensely proud to have received the Canada Red Cross Society, Community Services Recovery Fund Grant, which will enable us to develop a robust Volunteer Management Process. This included a comprehensive recruitment, onboarding, orientation, and training process, underscoring the vital role our volunteers play as the soul and spirit of our program.

We were privileged to share our program services and offerings with esteemed organizations such as the Rotary Club, further raising awareness within the community. Additionally, collaborating with local boxing gyms allowed our special-needs athletes to train alongside professional and amateur Olympic boxers, enriching their experience and skills.

Participation in events like the Waterloo Wellington Down Syndrome Society, Any Which Way You Can-A-Thon and leveraging social media platforms to spread awareness for various disabilities are important to foster our advocacy efforts. Our annual fundraiser, the 'Charity Concert for Champions with Special Needs,' surpassed expectations, with an amazing raffle full of donated prizes from the community, along with generous support from Domino's Pizza.

Our partnerships with organizations like PHSS Community and Complex Care and KW Habilitation Services further reinforce our commitment to providing inclusive boxing programs and community social activities. Team-building events, including karaoke nights and visits to zoos and museums, fostered a sense of camaraderie and gratitude among our community.

As we reflect on the past year, we are filled with gratitude for the support of our community members, special needs athletes, volunteer coaches, and partner organizations. Together, we are making a meaningful difference in the lives of those we serve, and we look forward to continuing our impactful work in the years to come."

Board of Directors

Fierce N Fit Special Needs Charitable Organization



President
Donna Swiech



Secretary
Faisal Rehman



Director
Bronwyn Hersen



Director
Celeste Hooper



Director
Miemen Abebe

We warmly welcome our 2023 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, Autism Spectrum Disorder, Fetal Alcohol Syndrome, Cerebral Palsy, physical disabilities, and other learning and cognitive disorders.



Special Needs Boxing

In-Person & Virtual Non-Contact Boxing

At Fierce N Fit we use the sport of boxing and physical exercise to improve the physical, psychological, emotional and spiritual lives of those with special needs.

Our program is inclusive and is designed to serve the needs of our clients regardless of physical or cognitive ability. We work with individuals with Down Syndrome, Autism Spectrum Disorder, Fetal Alcohol Syndrome, Cerebral Palsy, physical disabilities and other learning and cognitive disorders.

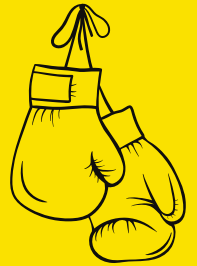


Boxing Exercises



Benefits of Boxing exercise for individuals with Special Needs:

1. Physical Fitness: Boxing exercises improve cardiovascular health, strength, and agility, enhancing overall physical fitness levels.
2. Motor Skills Development: Engaging in boxing helps refine fine and gross motor skills, improving coordination and motor control abilities.
3. Self-Regulation and Focus: Structured routines in boxing promote self-regulation skills and concentration, enhancing attention spans and task persistence.
4. Social Interaction: Boxing classes provide opportunities for social interaction and peer engagement, fostering a sense of belonging and community.
5. Emotional Regulation: Boxing offers a constructive outlet for managing stress and anxiety, promoting emotional regulation and well-being.
6. Self-Confidence and Empowerment: Mastering new boxing skills boosts self-esteem and confidence, fostering empowerment and a positive self-image.
7. Inclusion and Empathy: Inclusive boxing programs promote empathy, understanding, and acceptance among participants, creating a more inclusive community environment.



Community Awareness



Community Outreach

We actively engage with local community activities to raise awareness about the importance of inclusivity and accessibility. Through our participation in local community activities we worked to dismantle barriers and promote acceptance and understanding of those with special needs.

In honor of World Down Syndrome Day March 21

Anthony, our valued team member designed and brewed a delicious beer – a lemongrass pale ale that he affectionately named "AJ & Zeus."

This brew is more than just a beverage; it's a celebration of friendship and companionship, as Anthony pays tribute to his beloved pup, Zeus.

Through "AJ & Zeus," Anthony showcases his talent and ingenuity, reminding us all of the unique abilities and contributions of individuals with Down syndrome.



Featured in “Shared Waters” Book

BY: RICHARD BAIN



The Fierce N Fit Special Needs Charitable Organization is honoured to be featured in Richard Bain's book “Shared Waters” which is an outstanding collection of pictures outlining the wonderful diversity in the city of London.



BRESLAU CRAFT SHOW

Telisa and her Grandma used homemade items to bring attention to our Special Needs Boxing Community.



CANADIAN MUAY THAI OPEN EVENT

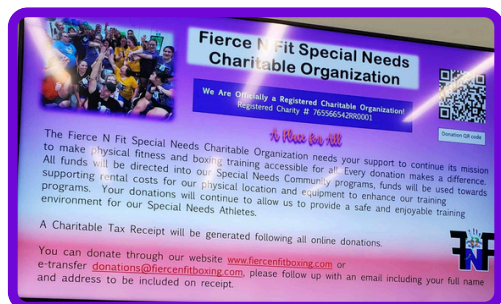
As a team we have attended multiple combat sports events in support of our Volunteer Coaches raising awareness of our special needs community members.



Spreading Awareness Through Community Talks

100 Men Who Give A Damn's Charity of Choice

At the Cambridge Rotary Club, the Kitchener Rotary Club, and with the 100 Men Who Give a Damn, we had the privilege of standing before their members and sharing insights into our program services and what Fierce and Fit Special Needs Boxing means to us. It was an opportunity to connect on a personal level, sharing stories of how this program has positively impacted our lives. Through heartfelt anecdotes and genuine enthusiasm, we conveyed the transformative power of inclusive boxing and the profound sense of community it fosters. These experiences not only allowed us to raise awareness but also highlighted the significance of our mission in creating a more inclusive and supportive environment for individuals with special needs. We were incredibly fortunate to be selected by the 100 Men Who Give A Damn as their charity of choice.



The Canadian Red Cross Society - Grant

Community Services Recovery Fund

Fierce N Fit Special Needs Charitable Organization is thrilled to announce that we have been awarded the Community Services Recovery Fund Grant from the Canadian Red Cross! This grant represents a significant opportunity for us to further our mission of utilizing the power of boxing and physical exercise to enhance the lives of individuals with special needs. With this funding, we are excited to bolster our efforts in volunteer recruitment activities, which are crucial for expanding our reach and impact in the community. By enhancing our volunteer engagement strategies, we aim to create a more inclusive and supportive environment where individuals of all abilities can thrive. We are deeply grateful for the opportunity provided by this grant and look forward to making a meaningful difference in the lives of those we serve.

Volunteer Engagement and Recognition:

Recruit new volunteers, expanding our team and enhancing our capacity to serve individuals with special needs.

Community Outreach and Awareness:

Community presentations and events to promote awareness of our programs and services and recruit volunteers.

On-board high school students for co-op placements within our organization.

Recruitment Strategy and Online Platforms Enhancement:

Develop a comprehensive recruitment strategy to attract and retain volunteers. Create and optimize online platforms, including our website and social media channels, to increase volunteer engagement and inform the community about our programs and services.

Training and Development:

Facilitate access to online training courses, including NCCP Certification of Coaching Athletes with a Disability and Coaching Athletes with Down Syndrome, to equip volunteers with the necessary skills and knowledge.



We extend our sincere gratitude to the Red Cross for their support and commitment to building resilient communities. With continued dedication and collaboration, we are confident in our ability to make a lasting difference in the lives of those we serve.

Funded by the
Government of Canada's
Community Services Recovery Fund

Canada

Our Dedicated Volunteers

Our volunteers are the backbone of our program, and their dedication and selflessness make our organization truly incredible. They generously donate their time and energy to provide much-needed individual support to our special-needs boxing athletes, creating a nurturing and inclusive environment where everyone can thrive. Their commitment goes above and beyond, and without their efforts, we simply would not be able to do what we do. Each volunteer brings a unique perspective and skill set, enriching our program and making a lasting impact on the lives of our athletes.



Program Volunteers:

- Faisal Rehman
- Hope Bindseil
- Bronwyn Hersen
- Ashley Mayhew
- Celeste Hooper
- Miemen Abebe
- Donna Swiech
- Sam Weber
- Yosief Jabba
- Jeff Ashton
- Emma Bolte
- Liz Burke
- Raydell Rogers
- Kathleen Sgro
- Charles Wilton
- Tia Drury
- Allie Libertini
- Anthony Tamming
- Ian Dewar



Recognition of Boxing Athletes

At Fierce N Fit, we believe in championing champions. In the past year, each boxing athlete in our program received a certificate to honor their hard work and dedication. We recognize that celebrating achievements is crucial for building self-esteem, confidence, and encouraging participation in health and fitness activities. These certificates serve as symbols of pride and satisfaction, highlighting the progress and accomplishments of our athletes. By acknowledging their efforts, we aim to foster a supportive and empowering environment where every individual feels valued and inspired to continue their journey towards personal growth and success.





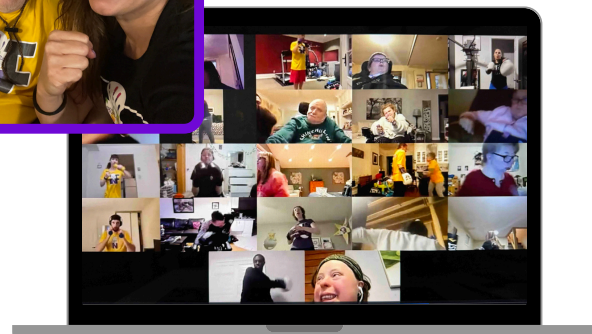
PHSS COMMUNITY & COMPLEX CARE IN COMMUNITY



PHSS Boxers

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.

We are proud to partner with PHSS to enhance the lives of their clients through the sport of boxing.



Community Partners & Supporters

We want to express our sincere appreciation to our wonderful community partners and supporters. A huge thank you goes out to Faisal Rehman, Manon and John Tamming and Darkside Muaythai for their incredible generosity in providing our fighters with gloves and shirts. Your support means the world to us and truly makes a difference in the lives of our athletes. With your kindness and encouragement, we're able to continue our mission of empowering individuals with special needs. From the bottom of our hearts, thank you for being part of our journey.



The Second Annual Fundraiser, "Charity Concert for Champions with Special Needs"

Together we raised an astounding total of \$28,924.79 in support of Fierce N Fit Special Needs Charitable Organization. This achievement is a testament to the generosity and dedication of our supporters.

A special appreciation extends to our esteemed president, Donna Swiech, whose exceptional leadership spearheaded the organization and execution of the captivating raffle. Donna's tireless efforts infused the fundraiser with an infectious spirit of joy and friendship.



We extend our deepest gratitude to the Turning Corners band, whose partnership has been instrumental since the inception of our Charity Concert for Champions with Special Needs. Their electrifying performance ignited the evening with an energy, leaving an indelible mark on all in attendance.





Charity Concert

Thank you for being Champions of change and advocates for a brighter, more inclusive future.



Our annual charity fundraiser is vital to sustaining our programs and services for the special needs community. We are immensely grateful to our community partners, donors, and sponsors whose generous support ensures its success. These funds enable us to provide essential resources and activities that enrich lives and promote inclusivity. Thank you for helping us make a meaningful difference in the lives of those we serve.





Community Social Activities

Participating in community social activities plays a vital role in the development and well-being of our special-needs boxers at Fierce N Fit. Through engaging events such as karaoke nights, Kahoot games, dance parties, movie outings, crafting sessions, zoo trips, outdoor picnics, and various other fun activities, our participants have the opportunity to socialize, build friendships, and foster important socialization skills. These gatherings not only provide a platform for individuals to connect and interact with their peers but also create a supportive and inclusive environment where everyone feels valued and included. By offering a diverse range of social activities, we aim to promote social inclusion, enhance interpersonal relationships, and enrich the overall quality of life for our special-needs community members.

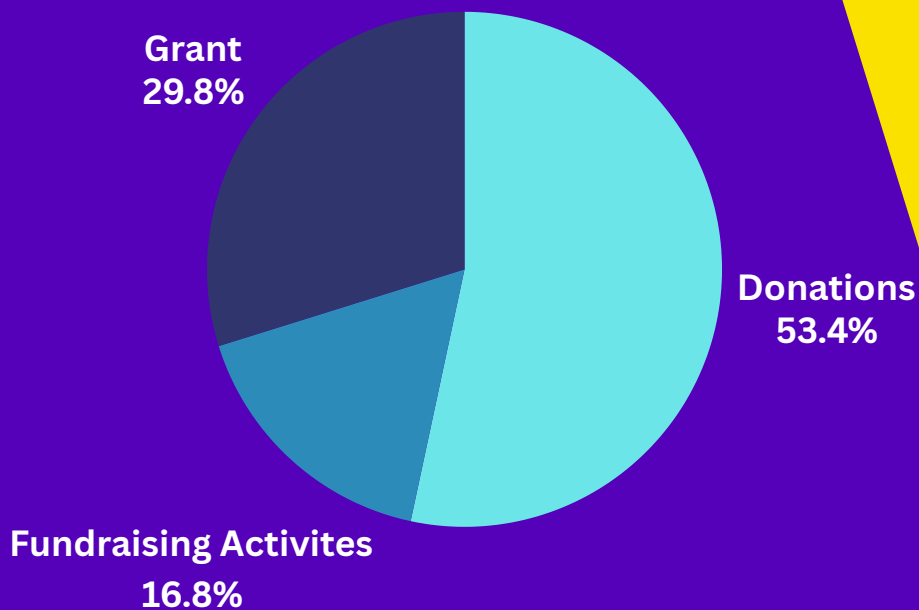




Finances

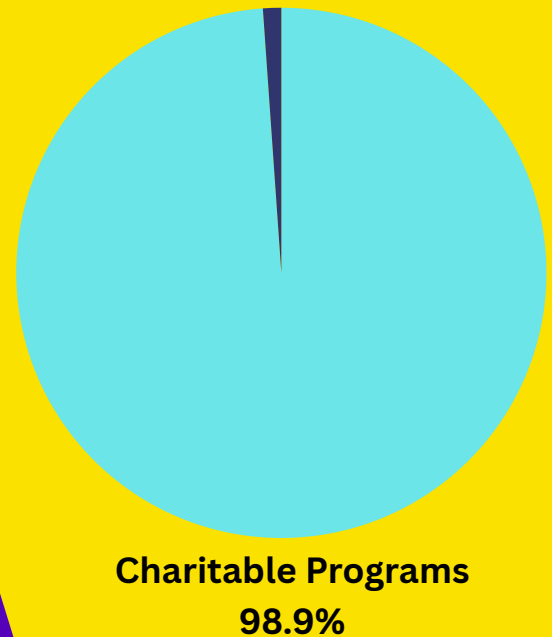
Fierce N Fit Special Needs Charitable Organization Statement of Operations For the fiscal year ended October 31, 2023

Revenue 2022-2023



Expenses 2022-2023

Administration & Legal Fees
1.1%



To view our full 2023 Financial Statements, use the following link:

[Financial Information - Fiscal Year Ending October 31, 2023](#)

THANK YOU FOR YOUR SUPPORT

Follow us on our Social Media Platforms:

Support Our Cause



Send a Donation



Become a Volunteer



Donation QR



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519-589-9652

Fierce N Fit Special Needs Charitable Organization

Registered #765566542RR0001



Become A Volunteer

FIERCE N FIT BOXING



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.

In-Person & Virtual Non-Contact Boxing

- 14yrs & Up
- Adaptive Boxing
- Special Needs Boxing

Community Social Activities

- Kahoot
- Karaoke
- Movie Nights
- Dance Parties
- Craft Activities



We Support

Individuals with Down Syndrome, Autism Spectrum Disorder, Fetal Alcohol Syndrome, Cerebral Palsy, Physical Disabilities and other Learning and Cognitive Disorders.



fiercenfitboxing.com

FOLLOW US



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Gym Location:
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Fierce N Fit Special Needs Charitable Organization
Registered #765566542RR0001