

# ANNUAL REPORT

NOV. 2024 – OCT. 2025



# TABLE OF CONTENTS

Cover .....	1
Table of Contents .....	2
Message from the Founder .....	3
Our Vision & Mission .....	4
Welcome to Our 2025 Annual Report .....	5
Our Impact .....	6
Boxing Training & Athlete Development .....	7–12
Athlete Stories & Achievements .....	13–19
Community Events & Celebrations .....	20–31
Community Partnerships .....	32–34
Champion Partner Spotlight: Domino’s Pizza Canada ...	36–37
Partners & Sponsors .....	38
2025 Charity Gala for Champions with Special Needs .	39–40
Community Supporters & Recognition .....	41–42
Board of Directors .....	43
Financial Overview .....	44
Thank You .....	45
Looking Ahead   Future Goals .....	46

# MESSAGE FROM THE FOUNDER

As we reflect on the past year, I continue to be inspired by the strength, determination, and resilience shown by every athlete, family, volunteer, and supporter who is part of the Fierce N Fit community.

What began as a vision to create inclusive opportunities through boxing has grown into something far greater than sport. Fierce N Fit has become a place where individuals feel accepted, empowered, and connected, creating a community where athletes are encouraged to challenge themselves, celebrate their achievements, and discover their potential without limitations.

This year, we witnessed incredible milestones. Our athletes continued to break barriers in adaptive sport, build confidence through training, and represent the power of inclusion within our broader community. From weekly boxing sessions and social programming to community partnerships and national recognition, the impact created this year reflects what is possible when people come together with compassion, dedication, and purpose.

None of this work would be possible without the unwavering support of our volunteers, families, sponsors, donors, and community partners. Your belief in our mission allows us to continue creating meaningful opportunities for individuals with special needs to thrive both inside and outside of the gym.

As we look toward the future, our commitment remains the same: to continue building inclusive spaces where every individual feels valued, supported, and empowered to succeed.

Thank you for being part of our journey and for helping us continue to create A Place For All.

Taveena Kum  
Founder & Executive Director  
Fierce N Fit Special Needs Charitable Organization



# OUR VISION

Our vision is to create a 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.



# OUR MISSION

To use the sport of boxing and physical exercise to uplift the lives of individuals with special needs by improving their physical health, emotional well being, and social connection.



# Welcome to Our 2025 Annual Report

## *CREATING INCLUSIVE SPACES THROUGH ADAPTIVE BOXING AND COMMUNITY CONNECTION*

We are pleased to present the 2025 Annual Report to our community. Whether you are connecting with Fierce N Fit Special Needs Charitable Organization for the first time or have been part of our journey, we invite you to explore the impact we continue to make in the lives of those we serve.

Our programs are inclusive, adaptive, and designed to meet participants where they are, regardless of physical or cognitive ability. In 2025, Fierce N Fit supported individuals with Down syndrome, Autism Spectrum Disorder, Fetal Alcohol Spectrum Disorder, cerebral palsy, Williams syndrome, physical disabilities, and a wide range of learning, developmental, and cognitive conditions.

Beyond the athletes we serve, our community continues to grow through the involvement of student volunteers, senior volunteers, and individuals seeking to give back, reconnect, and find a place where they truly belong.

# Our Impact

In 2025, Fierce N Fit Special Needs Charitable Organization continued to grow as a leading inclusive community, using adaptive boxing to create meaningful opportunities for individuals of all abilities to connect, build confidence, and thrive.

## By the Numbers

- Over 70 athletes supported weekly
- 20+ volunteer coaches and team members
- Ongoing weekly programming designed for a wide range of abilities
- Continued growth in both participation and community engagement



# Impact on Participants

Our programs are designed to go far beyond fitness. Athletes build confidence, improve coordination, and develop important life skills such as routine, focus, and communication.

For many individuals living with developmental and physical disabilities, access to inclusive and adaptive programming remains limited. Fierce N Fit provides a consistent, structured, and supportive environment where participants are encouraged to challenge themselves, celebrate progress, and form meaningful connections.

In 2025, our athletes continued to break barriers and redefine what inclusion in sport can look like. Notably, one of our athletes became the first boxer with Down syndrome to step into the ring at a Boxing Ontario sanctioned fight event, marking a significant milestone not only for our organization, but for inclusive sport as a whole.



# Building Community Through Experience

In addition to our weekly programming, we created opportunities for connection through a wide range of inclusive social and community-based activities. These included our annual charity gala, teddy bear picnic, pool parties, movie nights, karaoke nights, and group outings such as trips to the zoo.

We also welcomed local firefighters into our space to train alongside our athletes, strengthening community relationships and creating memorable shared experiences. Our athletes had opportunities to be featured on local radio, helping to amplify their voices and share the impact of inclusive programming with a broader audience.

These experiences are not just events. They are opportunities for our athletes to engage with the world around them, build confidence in new environments, and feel seen, valued, and included.

# Fierce N Fit Boxing Champions



# Training with Purpose

Across our four weekly boxing sessions, our athletes continue to demonstrate the dedication, discipline, and determination that define the sport of boxing. Each class provides opportunities to develop boxing skills through technical drills, conditioning, footwork, combinations, and focused training alongside teammates and coaches.

The commitment shown by our athletes is a powerful reminder that individuals with special needs are just as capable as any other athletes when given the right support and inclusive opportunities. Week after week, our boxers continue to challenge themselves, push beyond barriers, and prove that ability should never be defined by diagnosis.

Inside the gym, athletes are trained as boxers — building discipline, consistency, teamwork, and resilience through the sport they love.

The progress achieved throughout the year reflects not only physical growth, but also the confidence and self belief that develops in an environment where every athlete is supported, included, and empowered to succeed.



# Athletes in Action



# Creating Inclusive Spaces for Every Athlete

Some of our athletes face extra challenges because of their unique needs, medications, or mobility and sensory differences.

At Fierce N Fit, we work hard to make sure they have a safe, welcoming place to move their bodies, build strength, and work on their health without judgement. Surrounded by friends who understand and coaches who cheer them on, athletes can go at their own pace, celebrate every win, and start to see fitness as something that belongs to them.



# Mackenzie's Journey

Mackenzie Wright's journey reflects the resilience and strength that define the Fierce N Fit community.

Following a sudden and complex medical regression in 2019, Mackenzie and his family faced years of uncertainty before receiving a diagnosis of Down Syndrome Regression Disorder and accessing specialized treatment. Through perseverance and ongoing support, Mackenzie has made meaningful progress, reconnecting with his abilities, his voice, and his community.

Today, Mackenzie actively participates in Fierce N Fit programming, where he continues to build strength, confidence, and independence. His journey highlights the importance of accessible, inclusive programs that support individuals beyond traditional clinical settings.

Mackenzie's story is a powerful reminder of what is possible when individuals are supported, included, and given opportunities to thrive.



**“We never gave up on Mackenzie, and neither did this community. Seeing him regain his strength, his voice, and his joy has meant everything to our family.”**  
— Mackenzie's Family

# International Representation: DragonKraków Para-Boxing Championships

Charles Wilton, who lives with quadriplegic spastic cerebral palsy, made Canadian history as the first official competitive para-boxer, showing how inclusive and virtual programming can break down barriers and create opportunity.



**"This program has given me a sense of purpose in life I've never had before. Fierce N Fit isn't just a team, it's a family. I'm proud to be a part of this program as a Para-Athlete."  
- Charles Wilton**



# Canada's First Competitive Para-Boxer DragonKraków Para-Boxing Championships

In December 2024, Fierce N Fit athlete Charles Wilton made Canadian history as the first official competitive para-boxer, competing at the DragonKraków Paraboxing Championships in Poland.

Charles lives with quadriplegic spastic cerebral palsy and grew up in foster care. Due to mobility and transportation barriers, he participates in Fierce N Fit through weekly virtual boxing sessions, staying connected to the program and his team. His journey highlights the power of accessible programming. Through inclusive and adaptive opportunities, Charles has built strength, confidence, and a strong sense of belonging, demonstrating what is possible when barriers are removed and individuals are given the opportunity to thrive.



# Community Partnership: PHSS Community Care & Complex Living



Since 2021, Fierce N Fit has partnered with PHSS Community Care and Complex Living to deliver inclusive boxing through weekly virtual training and social programming.

In 2025, our coaches brought the program in person, leading a hands-on session that built connection, confidence, and community. 16

# Community Partnership: KW Habilitation – YEP Program

Fierce N Fit has proudly partnered with KW Rehabilitation Services through the Youth Exploring Possibilities (YEP) Program since 2017. Each year, YEP participants attend in-person boxing sessions, engaging in structured physical activity that promotes confidence, skill development, and social connection. In 2025, the program expanded its involvement by joining us during March Break in addition to its annual summer visits.

This long-standing partnership reflects the sustained demand for inclusive programming and highlights the value of consistent, community-based engagement for youth with diverse needs.



# Athlete Achievement

Michael Nicholson, Ontario's first Boxer with Down syndrome, delivered a standout performance at a Boxing Ontario sanctioned event, showcasing the power of inclusive sport.



**BOXING**  
**ONTARIO**

# Athlete Achievement

## Michael Nicholson

Fierce N Fit athlete Michael Nicholson continues to break barriers. He represents what is possible through inclusive training and support.

On May 4, 2025, at London Music Hall, Michael delivered a standout performance at Punch Out MS. In partnership with Boxing Ontario, this demonstration bout opened a sanctioned event, marking a meaningful step forward for inclusion in the sport.

Individuals with Down syndrome can face challenges with muscle tone and coordination, making Michael's performance even more significant. His strength, determination, and love for boxing were on full display.

We also recognize his opponent, Coach Faisal Rehman, for a bout grounded in respect and sportsmanship.

Michael's achievement is a powerful reminder of what is possible when barriers are removed and opportunities are created.



# Community Celebrations

Fierce N Fit fostered connection and inclusion through seasonal celebrations that bring our community together beyond training. Our annual Christmas event created a joyful, high-energy environment filled with games, prizes, and shared experiences. A special visit from Santa and a generous donation from PetSmart, who provided stuffed animals for our athletes, made the evening especially meaningful.

That same spirit continued at our Valentine's Day celebration, where athletes and volunteers came together for music, dancing, and connection.

These events play an important role in building relationships, strengthening social skills, and creating a strong sense of belonging within the Fierce N Fit community.



# Christmas

Santa joins Fierce N Fit athletes for a joyful holiday celebration, creating moments of connection, inclusion, and community.



# Building Connection Through Community Traditions

The Teddy Bear Picnic remains a cherished tradition within the Fierce N Fit community, bringing together athletes, families, and volunteers for a day of connection, fun, and shared experiences. With favourite stuffed animals in hand, participants enjoy games, food, and a welcoming environment that supports friendship, communication, and confidence building.

We extend our sincere thanks to Brittany Franks and her family for hosting and supporting this special event.



## TEDDY BEAR PICNIC



# TEDDY BEAR PICNIC

Teddy Bear Picnic moments filled with connection, joy, and a strong sense of community.

# Community Pool Party

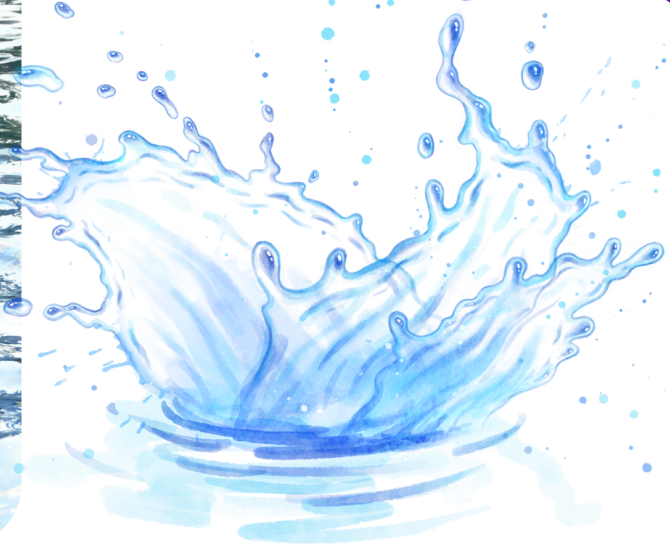
Connection and community continued at our annual pool party, generously hosted by Anthony Tamming and his family.

Athletes spent the day swimming, having a barbecue, and connecting in a relaxed, welcoming environment. These moments outside of training help build friendships, strengthen social skills, and support confidence and well being.

More than a summer event, the pool party reflects the heart of Fierce N Fit, creating a space where individuals feel supported, included, and truly themselves.



# AJ'S POOL PARTY



**Moments of connection, joy, and community at our annual pool party.**

# BRANTFORD TWIN VALLEY ZOO



Our community had the opportunity to visit Brantford Twin Valley Zoo for a special group experience that brought athletes and families together for a day of exploration and connection.

The zoo provided a guided tour tailored to our group, allowing participants to engage closely with the animals, ask questions, and take part in interactive experiences. A highlight of the day included feeding the monkeys, creating a memorable and engaging moment for everyone involved.

What set this experience apart was the care taken to ensure all athletes, regardless of ability, were able to fully participate. The team at Twin Valley Zoo went above and beyond to create an inclusive environment, adapting activities and supporting participants in ways that made everyone feel welcomed, capable, and included.

Beyond the experience itself, the outing created opportunities for learning, social connection, and confidence building in a new environment, reinforcing the importance of accessible and inclusive community experiences.



# Exploring, Learning & Belonging



# Community Engagement

We continue to foster strong connections with families, volunteers, and community partners to ensure our programs remain accessible and impactful.



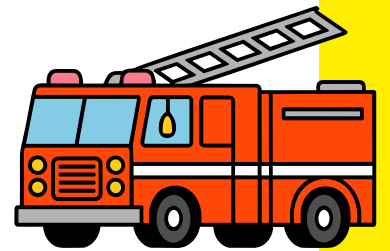
# More Than Boxing

Fierce N Fit is more than boxing. It is a community built on inclusion, friendship, confidence, and belonging.



# Community Engagement: Kitchener Fire Department

Fierce N Fit welcomed members of the Kitchener Fire Department for an interactive and educational visit. Athletes explored fire safety equipment, asked questions, and experienced the fire truck firsthand, creating a fun and memorable learning environment. This visit helped build confidence, trust, and safety awareness while strengthening connections with the broader community. We extend our thanks to Chris Vaux for coordinating this opportunity.





**Athletes connect with the Kitchener Fire Department through a hands-on, engaging fire safety experience.**

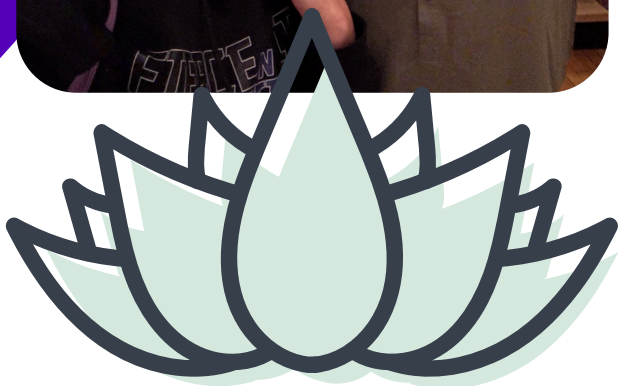


# Community Partnership Spotlight: Wild Heart Yoga

Toni and Kristy of Wild Heart Yoga selected Fierce N Fit as their featured community partner for March.

Through a series of Karma Yoga classes, 100 percent of proceeds supported inclusive programming for individuals with special needs. Participants from across the community came together each week, demonstrating the power of collective action.

This partnership not only raised funds, but also expanded awareness and strengthened community support for inclusion.



## WILD HEART YOGA

JOIN US FOR KARMA YOGA IN MARCH!

Support Fierce N Fit Special Needs Charitable Organization

Wild Heart Yoga is hosting a Friday 8 PM Karma Yoga class throughout the month of March, and we invite you to join us!

- WHEN: Every Friday at 8 PM in March - 7, 14, 21, 28
- WHERE: Wild Heart Yoga - 20 Ainslie Street N, Cambridge, ON
- DONATION: \$5 minimum drop-in fee (all proceeds go to Fierce N Fit Special Needs Charitable Organization)

No commitment, no membership required – relax, and stretch for a great cause!

Bring a Yoga Mat, Towel & Water  
Account/Pre-Registration is Required  
Rent a mat and towel \$2

**SIGN UP:** Visit [wildheartyogacambridge.ca](http://wildheartyogacambridge.ca) to register for your Friday 8 PM class.



519-267-7468

32

# Raising Our Voices in the Community

Fierce N Fit was proud to be featured on 570 News, giving our athletes the opportunity to share their voices with the broader community.

Participants toured the studio and took part in a live broadcast, many for the first time, building confidence while representing inclusive sport.

This feature helped amplify awareness of our work and reinforced a core belief at Fierce N Fit: everyone deserves a place to belong.



# Community Partnership Spotlight

Thanks For  
Your Support

Tim Hortons in Ayr



# Tim Hortons®

holiday smile cookie™

Through the dedicated support of Lidija and Russ at Tim Hortons, Fierce N Fit was proudly supported once again through the Holiday Smile Cookie Campaign for the third consecutive year.

Through this initiative, 50 percent of proceeds from Holiday Smile Cookie sales were donated to Fierce N Fit, while the remaining 50 percent supported Tim Hortons Foundation Camps. The campaign brought community members together in support of creating opportunities for youth and individuals with special needs.

This continued partnership reflects the strength of community collaboration and the meaningful impact local businesses can have in supporting inclusive programming. Beyond fundraising, the campaign helped raise awareness about the importance of creating spaces where individuals of all abilities feel welcomed, supported, and connected.

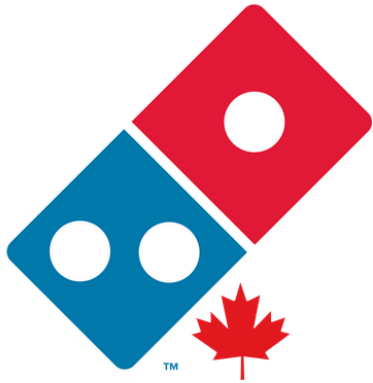
The ongoing support from Lidija, Russ, and the Ayr Tim Hortons community continues to play an important role in helping our organization grow and expand opportunities for the athletes and families we serve.

# Tim Hortons

smile  
holiday cookie™



# CHAMPION PARTNER



**Domino's  
Pizza®**



Domino's Pizza Canada has been one of the most dedicated supporters of Fierce N Fit since the earliest days of our organization and has played a significant role in helping our programs grow and thrive within the community.

From the incorporation of our charity, the continued support and leadership of Mike Schlater and Michael Curran have helped create meaningful opportunities for athletes with special needs to participate in inclusive programming that promotes confidence, connection, and belonging.

Their commitment extends far beyond sponsorship. Through ongoing financial support, community involvement, and advocacy for inclusion, Domino's Pizza Canada has become an important part of the Fierce N Fit family and the impact we continue to make throughout the region.



# Domino's Pizza®



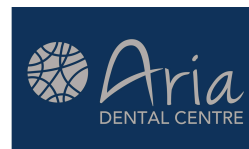
At our 2025 Charity Gala for Champions with Special Needs, Domino's Pizza Canada once again demonstrated its commitment to our community by generously providing pizza for hundreds of guests in attendance.

This contribution helped create a welcoming and inclusive atmosphere where families, athletes, volunteers, and supporters could come together to celebrate the achievements of our special needs community. Beyond the event itself, Domino's ongoing partnership continues to help sustain programs, expand opportunities, and remove barriers for the individuals and families we serve.

The continued support from Mike Schlater, Michael Curran, and Domino's Pizza Canada reflects the powerful impact that long standing community partnerships can have in creating lasting change. Their generosity and belief in our mission continue to strengthen our organization and inspire those around us.



# PARTNERS & SPONSORS



# 2025 Charity Gala for Champions with Special Needs

The Fierce N Fit Charity Gala is our largest annual event, bringing together athletes, volunteers, and community partners for a powerful celebration of inclusion and connection.

Held at THE MUSEUM, the 2025 Gala united our community in support of adaptive sport. The evening was hosted by Adele alongside Doc Lance, creating an engaging and memorable experience for all in attendance.

The atmosphere was brought to life by DJ Navin, whose music energized the room throughout the night.

Led entirely by a dedicated team of volunteers, the gala was a true community effort. More than a celebration, it was a vital fundraiser supporting the continued growth of inclusive programming and creating opportunities for individuals of all abilities to participate, grow, and belong.



# 2025 Charity Gala

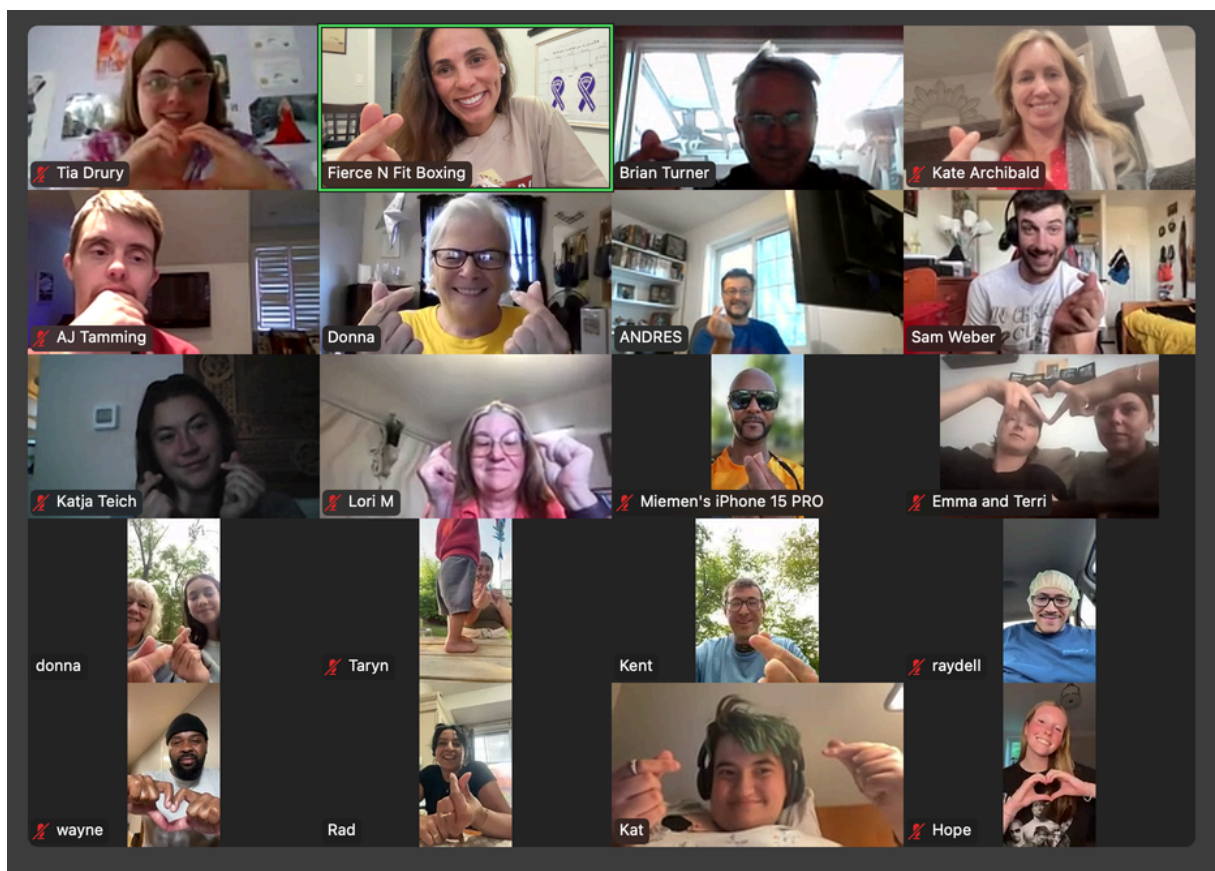
A night of celebration,  
connection, and  
community at the 2025  
Fierce N Fit Charity Gala.



# Our Community Supporters & Volunteers

Our work is made possible through the dedication of our volunteers, the trust of our families, and the generosity of our supporters.

We are proud to work alongside a community that believes in inclusion, accessibility, and the power of sport to transform lives.



# COMMUNITY RECOGNITION KYAC & SENIOR AWARDS

Fierce N Fit athletes and volunteer coaches were recognized by the Kitchener Youth Action Council for their leadership, kindness, and commitment to inclusion.



In addition, our President, Donna Swiech, was honoured with the Senior of the Year Award by the Mayor of Kitchener, recognizing her years of dedication to supporting individuals with special needs and their families.

These recognitions reflect the meaningful impact Fierce N Fit volunteers and athletes 42 continue to make in the community.

# BOARD OF DIRECTORS

Fierce N Fit is guided by a dedicated Board of Directors committed to inclusion, accessibility, and strengthening opportunities for individuals with special needs throughout our community.



**President**  
**Donna Swiech**



**Secretary**  
**Faisal Rehman**



**Director**  
**Bronwyn Hersen**



**Director**  
**Celeste Hooper**



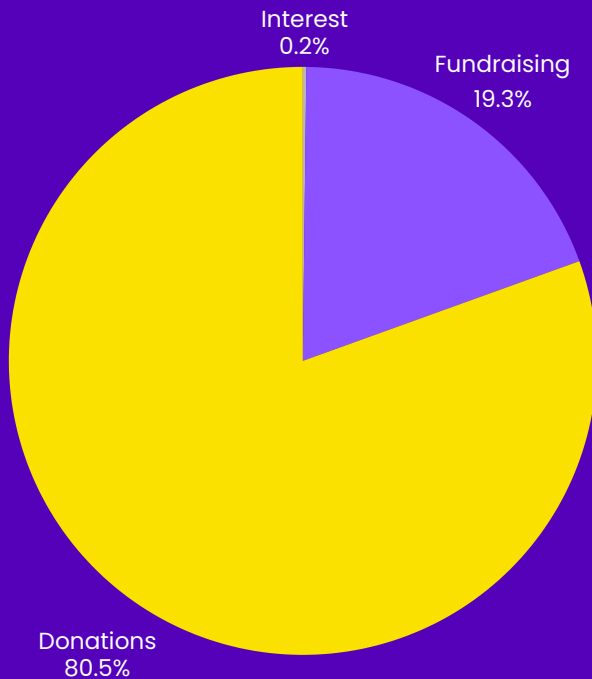
**Director**  
**Miemen Abebe**

# Financial Overview

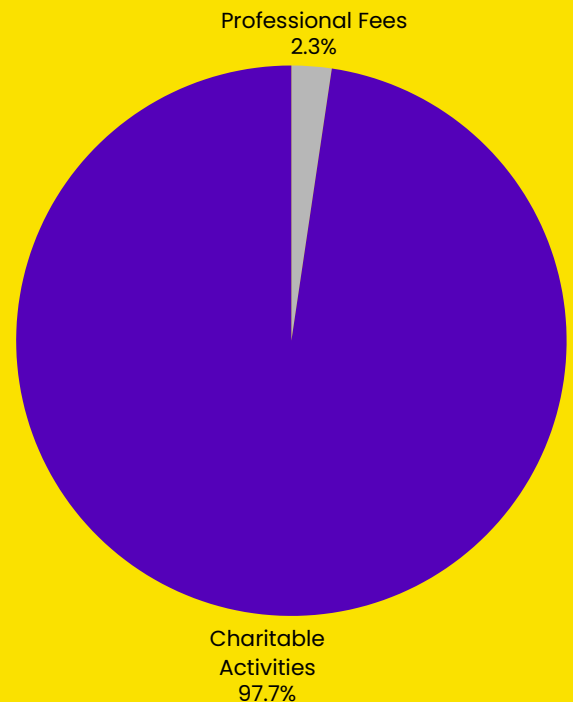
Fierce N Fit remains committed to responsible financial stewardship, with full financial statements available in the attached report.

To view our full 2025 Financial Information:  
[Fiscal Year Ending October 31, 2025](#)

## Revenue 2024-2025



## Expenses 2024-2025



**Fierce N Fit Special Needs Charitable Organization**  
Registered #765566542RR0001

**Statement of Operations**  
**For the fiscal year ended October 31, 2025**

# THANK YOU FOR YOUR SUPPORT

## Support Our Cause



Donation QR



[www.fiercenfitboxing.com](http://www.fiercenfitboxing.com)  
519-589-9652

**Fierce N Fit Special Needs  
Charitable Organization**

Registered #765566542RR0001

# LOOKING AHEAD | FUTURE GOALS

Fierce N Fit remains focused on growth, impact, and long term sustainability for the athletes and families we serve.

Our goals include expanding community partnerships, increasing access to inclusive programming, and continuing to break barriers in adaptive sport. As we grow, we aim to reach more athletes while developing mentorship opportunities for future coaches and community leaders.



# THANK YOU

Thank you to our athletes, families, volunteers, coaches, sponsors, donors, and community partners for making another incredible year possible at Fierce N Fit Special Needs Charitable Organization.

Because of your support, individuals with special needs continue to have access to inclusive programming that builds confidence, connection, strength, and belonging. Every class attended, volunteer hour given, donation made, sponsorship provided, and word shared within the community has helped create meaningful opportunities for our athletes to grow and thrive.

This year has been filled with milestones, celebrations, and moments that reminded us of the power of inclusion and community. From weekly boxing sessions and athlete achievements to social events, partnerships, and our annual gala, each success reflects the collective effort of people who believe that everyone deserves a place to belong.

Together, we are continuing to break barriers, challenge perceptions, and create lasting impact through sport, connection, and community.

Thank you for standing beside us and helping us continue to create A Place For All.

Taveena Kum

Founder & Executive Director



**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.



## We Support

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

**In-Person & Virtual Non-Contact Boxing**

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

**Community Social Activities & much more**

**LEARN MORE**



**FOLLOW US**



[info@fiercenfitboxing.com](mailto:info@fiercenfitboxing.com)  
[fiercenfitboxing.com](http://fiercenfitboxing.com)  
519-589-9652

**Gym Location:**  
41 River Rd E. Unit 9  
Kitchener, ON, N2B 2G3

**FIERCE N FIT SPECIAL NEEDS CHARITABLE ORGANIZATION**

REGISTERED #765566542RR001