

BEAT THE STREETS

NEWSLETTER
FALL 2021



EMPOWERING
YOUTH

Our first four summer job students (aka fab four), designed by Kathy Nguyen



MEET THE TEAM!



LAILA



KATHY



DAVID



ARELY



Beat the Streets
BTSTORONTO.COM

IN THIS ISSUE

IT HAS BEEN OVER A YEAR SINCE WE RELEASED OUR LAST NEWSLETTER. SO MUCH HAS HAPPENED SINCE THEN WE BARELY HAVE TIME TO TAKE IT ALL IN.

IN MARCH, WE BECAME A CHARITY! WE DEVELOPED THREE NEW FRAMEWORKS AND APPLIED THOSE TO DEVELOP AND REVAMP PROGRAMS. WE'VE LAUNCHED TWO NEW PROGRAMS AND ARE DELIVERING WRESTLE 4 FUN. WE'VE BEEN BUILDING PARTNERSHIPS WITH SCHOOL BOARDS AND CITIES. AND OUR WORK IT (SUMMER JOBS) PROGRAM HAS EVOLVED INTO AN EXPERIENCE WITH GREAT POTENTIAL TO IMPACT CHANGE.

WE INVITE YOU TO TAKE A LOOK AND DISCOVER WHAT WE HAVE BEEN UP TO, WHAT OUR PARTICIPANTS ARE SAYING, HOW DONATIONS ARE MAKING AN IMPACT AND WHAT'S COMING UP NEXT FOR BTS.

- **LETTER FROM EXECUTIVE DIRECTOR**
- **EVOLUTION OF BTS**
- **YOU GROW GIRL**
- **LEVEL UP**
- **WRESTLE 4 FUN**
- **WORK IT! SPECIAL FEATURE WITH STUDENT ARTICLES**
- **COACHES SPOTLIGHT**
- **VOLUNTEER SPOTLIGHT**
- **COMING UP**
- **THANK YOU DONORS**
- **IMPACTS & GET INVOLVED**

CHANGE IS THE ONLY CONSTANT

NEAL EWERS

EXECUTIVE DIRECTOR

These days I'm reminded of what former head coach of Simon Fraser University Wrestling, Mike Jones would tell us "change is the only constant in the universe" and "if you're not progressing you're digressing". Over the past year, Beat the Streets has been in a constant state of progress developing and streamlining our programs, infrastructure, and fundraising efforts. While maintaining our long-term goals we have changed our approach. We recognize that current society has changed in response to this pandemic, many children and young people have lost opportunities for in-person social and physical interaction. Running our programs over the last year we saw firsthand the severity of the impact of not having sports and recreation in schools. It has had a negative impact on their mental health as well as their physical fitness. Our goal still remains the same. We aim to build resilience through perseverance and grit and help young people realize their full potential but our approach is now different. We have reformatted our approach to our programs, we now use a multi-sport approach and social-emotional

educational tools to teach young people the hard and soft skills to help them grow.

In the process, we have become a charity with the purpose of educating young people from low-income backgrounds across the GTA. We have grown so much in the past year and a half, it is difficult to keep up sometimes and we love every minute of it. In this newsletter, we are excited to share with you our developments over the past 12 months. I would like to thank everyone involved for their efforts in helping us get to where we are and I am very excited to see the direction we are heading. A special thank you to Jessica Marasovic our Deputy Director who always gives her 100% wearing multiple hats and taking on any task necessary to help us grow our organization. All the students and educators who have taken part in our programs whether as a participant or staff member, you are the backbone of our organization.

I hope you enjoy reading this newsletter and it piques your interest in all the great things we have planned for the future. Also, it is my pleasure to remind you that we are now a CRA-approved charitable organization and we are able to provide a tax receipt when you donate to Beat the Streets. We are always grateful for your generous support as it helps us develop the wonderful programs you will read about in this newsletter. For more information feel free to visit our website, we are currently working on a major transformation of our website to better inform you about the work we are doing in the community.

Though I am conscious of our current circumstances here in Canada, I want to encourage you to make the most of your experiences and I encourage you to get involved with BTS if you like what you read in this newsletter!



**“Thank you
Fab Four for
my awesome
gift!”**

THE EVOLUTION OF BTS

FROM THE BRINK OF SHUTTING DOWN TO GROWING STRONGER THAN EVER, HOW BEAT THE STREETS RE-ADAPTED AND RE-IMAGINED ITS PROGRAMMING TO BOUNCE BACK.

Since inception, the aim of Beat the Streets (BTS) has been to provide low-income youth with positive development opportunities to change their life trajectory. Struggling students, who worked hard and became wrestlers, who learned valuable life skills from the sport and then became coaches, leaders and philanthropists were inspired by the work of the successful Beat the Streets organizations in the United States of America and wanted to bring that sport and development opportunity to Canada. They envisioned the Greater Toronto Area (GTA) full of healthy, confident and

educated youth who would have the character and mindset of a wrestler, and the resilience and discipline to find success both on and off the mat.

Awarded a Grow Grant from the Ontario Trillium Foundation in 2015, BTS began operations, providing introductory wrestling courses, after school programs and mentor opportunities for at-risk youth in schools across the GTA. BTS also loaned wrestling mats to low-income schools, trained school staff through the National Coaching Certification Programme as community coaches and facilitated scholarships for BTS participants attending post-secondary education.

A unique feature of BTS activities was teaching students the growth mindset and skills learned through wrestling, such as discipline, goal-setting, time management, relationship building, decision-making, confidence and resilience. Our top level coaches & facilitators (including provincial, national and world wrestling champions) used wrestling to mentor youth and help instill in them the growth mindset that if you worked hard and persevered, achievement is possible. If BTS could teach children and youth this resilient and growth mindset, it could be applied to all areas of their life to find success and realize their full potential.

From 2105 - 2018, BTS impacted:

14,000
youth

through introductory
wrestling courses

255
students

through after school
wrestling programs

25
students

through the mentor
program

21
teachers

trained through the
coaching certification
program

2
students

through the
scholarship program

Process of change

By the end of 2019, BTS recognized the need to formalize and re-imagine its activities in relation to advancing education. This would begin a transformation that was both intensified and guided by the pandemic and would result in:

- Changing beneficiaries from at-risk youth to children and youth in low-income communities
- Structured and focused lessons to build resilient, confident and active low-income children and youth using evidence-based approaches
- Shift from sports-centred to child-centred approach
- Widening suite of sports (wrestling) to include combative sports
- Focus on building transferable skills (social-emotional, physical literacy, employability) that can be applied to other areas of life to find success
- Aligning with education and health policies, strategies and priorities to complement and supplement school activities and advance education
- Incorporated best practices, guidelines and components into program design

These guiding principles reformed BTS activities. BTS reduced its activities from seven to three, focusing only on skill development activities. During this process, BTS developed three new frameworks which have been applied to programs and better align with the charitable purpose of advancing education.

- An evidence-based Social-Emotional Learning framework to develop social-emotional well-being and resilience of students (an indicator of academic achievement)
- An evidence-based physical literacy framework to develop transferable movement skills and encourage physical activity and confidence (an indicator of academic achievement)
- An evidence-based employability skill development framework to increase job readiness, transferable skills and resiliency (an indicator of academic achievement)

Through these frameworks, BTS has developed structured and focused lesson plans and activities to encourage resilient, confident and active youth. BTS has redesigned its programs using a combination of these frameworks, in line with provincial and national education, health and employment strategies and now delivers programs under the following activities:

- Social emotional learning and physical literacy development programs (combining lessons, workshops & activities to develop skills) for youth
- Physical literacy development and Social-Emotional Learning programs (combining lessons & activities to improve fundamental movement skills and improve a social-emotional skill) for children
- Employability skill development and Social-Emotional Learning programs (combining lessons, activities, workshops, mentoring and real work experiences) for youth

YOU GROW BTST GIRL!™

You Grow Girl is a fun, unique and engaging program combining social-emotional learning and dynamic fitness classes to encourage the positive development of girls, ages 13-18, facing economic and social barriers to education.

Last year, thanks to the **Ontario Trillium Foundation's Seed Grant**, we served 18 girls in our program and had great feedback and results.

This year, with the generous support of **Jumpstart Sport Relief Fund**, we will deliver two more programs and serve 40 girls.



"This program taught me about self love, organization, time management, fitness and overall how to take care of myself - It was a wonderful learning experience."

You Grow Girl Participant



"You made it easy to share my story, you made this a safe place for me."

You Grow Girl Participant



“Over this course I have learned lots, but my favourites were, the workouts, breathing and relaxation and time management because since the course I’ve got to actually apply them in real life.”

You Grow Girl Participant





A fun and dynamic 8-week online program led by a professional coach and athlete using fitness classes (boxing, kickboxing, wrestling) to level up physical skills, and mini-workshops to level up social-emotional skills of students ages 13-18.

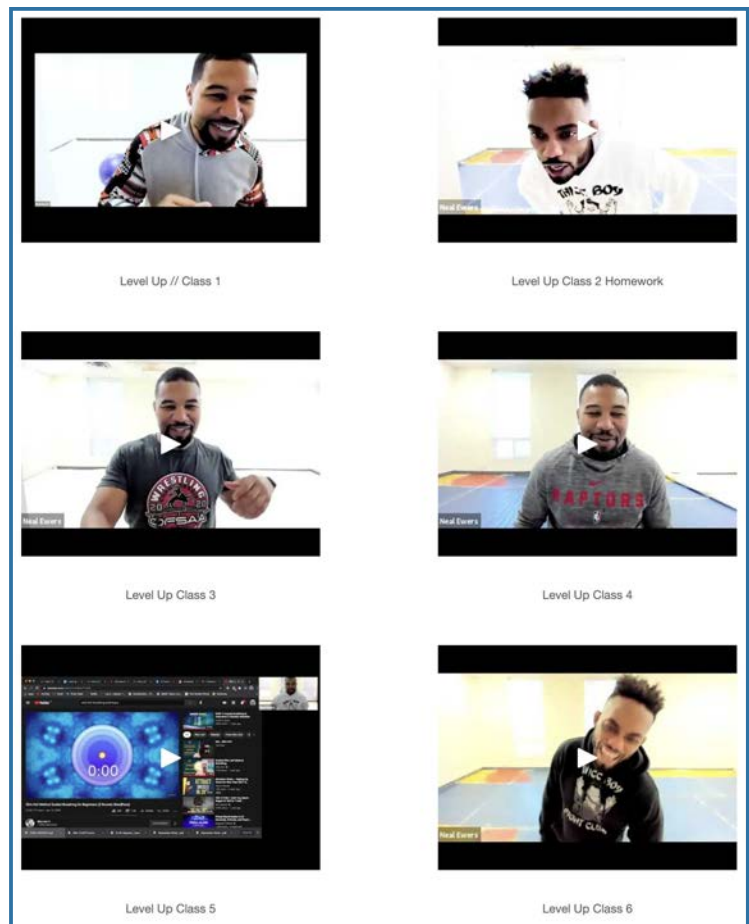
Supported by the **Canadian Red Cross**, in 2020/21 Level Up was delivered to 40 students at two schools in Brampton.

This year, with the generous support of **Jumpstart Sport Relief Fund**, we will deliver another four Level Up programs and reach 80 youth.



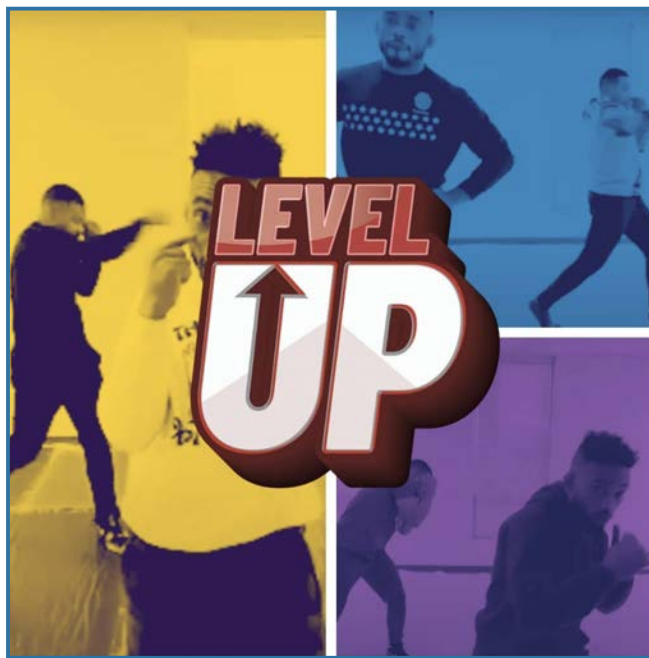
“Very engaging and informative lessons about using goals to create a new lifestyle and change the way you think about things”

Level Up Participant



“Because of the things we discussed and the positive habits, I now complete my exercises instead of procrastinating.”

Level Up Participant



“I love how coach Neal addresses stress management and life skills, and the actions and behaviours required to achieve a goal.”

Level Up Participant



The one-week Wrestle 4 Fun programme encourages more children (ages 6-12) to become active by improving their physical literacy and confidence - building blocks for an active lifestyle - in a fun and inclusive online environment.

This year, with generous support from the **Ontario Trillium Foundation** (Grow Grant), we were able to begin the program remotely, and reached more than 2,000 students in the Toronto District School Board.

Over three years, BTS will serve 11,000 children across the GTA.

Ontario
Trillium Foundation



Fondation Trillium
de l'Ontario

An agency of the Government of Ontario
Un organisme du gouvernement de l'Ontario

"It was really fun and I enjoyed this class so thanks for your great work and keep it going!"

"I think you guys are awesome and thanks!"

"I want to know more about wrestling"

"I really enjoyed spending time with the wrestlers!!! They were really nice and Helpful. I wish i get another precious chance like this one to learn new things."

"It was a great experience. I just wanna say thank you because my joints were frozen because I just sit the whole day and now they are good and I am gonna do these exercises to help me. Thank you!!!"

"This was one of the best experiences ever. Thank you!"

"It was super duper fun! The exercises made me feel really good and the instructors were really kind and helping! The activities were really fun as well. Would like to do this again soon, it was awesome!"

"This class was pretty helpful because you helped me control my stress at home"

WRESTLE 4 FUN

IMPACT IN NUMBERS*

269

Wrestling classes delivered

2,716

Students served

77%

Participation rate

95%

Enjoyed learning about wrestling

95%

Of students had fun

84%

Of students felt more confident
after learning something new

8/10

Student's grade

9/10

Teacher's grade

* based on approximately 700 student post surveys & 60 teacher surveys

WRESTLE 4 FUN

IMPACT IN NUMBERS*

67%

Of 6th graders learned something new about managing stress

73%

Of 6th graders would like to participate in wrestling again

78%

Of 5th graders learned something new about decision making

68%

Of 5th graders would like to participate in wrestling again

84%

Of 4th graders learned something new about managing stress

89%

Of 4th graders who would like to participate in wrestling again

WRESTLE 4 FUN SUMMER CAMP

BTS would like to extend a special thank you to **Mofe Ogunyomi, Christelle Lans, Milan Ewers & Brooklyn Glasgow** for doing a great job facilitating 56 x Wrestle 4 Fun classes for children ages 4-10 for the **City of Brampton** Summer Camps 2021. The team managed to keep up the energy, adapt to the challenges of online learning and create new curriculum and activities on the go. We are so proud of their work and their attitudes, in how they dealt with challenges (technical and personal) and kept delivering each class with the highest level of professionalism! Gooooo team!



From City of Brampton Summer Camp students
to Mofe, Christelle, Milan and Brooklyn

Mehtar
LAWRENCE
Ethan
char
Pr
Noreen
NYah
Katherine
NIAM
THA

AIYSSA

Kien

RHAN

AVA

Y

Athena

Alex

Selina Lavonna

Abhinav

Gia

Naya

Christelle

BE

Manley
rvik
Amoldeep
AARH
AUBOY

SAH Lad Collins
Natalie
Evan
calvin
Anya TYTOP

pratyush
Harlow
DRIAN
Devin
Elaina

EAT THE STREETZ



Our Summer Job Program increases employability skills and job readiness to help students build resilience and confidence and successfully transition to work life.

This program is funded by **Canada Summer Jobs** and includes real world work experience, team building activities, social-emotional learning, hard skill tutorials and workshops and mentoring meetings.

This summer was our largest programme yet, with 14 participants and one volunteer working hard to make BTS bigger, better, stronger, faster!



In 2015, BTS began a Summer Jobs program that would provide BTS participants with their first work experience. Little did we know that over the past three years, this program would evolve into Work It, a program we believe has enormous potential to change the trajectory of low-income youth getting ready to enter the workforce. Since the first session, we have evaluated, adapted and developed this program. Using student feedback and our own experiences and observations, this program has taken on a life of its own.

With COVID affecting almost every aspect of life, youth were missing out on the real-world experience of going into an office, having lunches with colleagues, going for a meal together after work or casual Fridays (do those still exist?). In addition to providing meaningful work experiences that will promote skills that can be transferred to any sector/industry, we aimed to create the emotional connection that so many young people were lacking due to the pandemic.

This year, we structured the program differently by adding new content and activities. Each student would develop a 6 part blog post series, workshop and proposal (on anything they wanted). We created more team projects so that everyone would have a chance to practice their leadership skills. We also structured the meetings differently, and although we did have a lot of meetings, we believe they were integral to allowing the students to bond and learn how to build healthy relationships with colleagues.

We also had two groups of students this year. Our Fab Four (Arely, David, Kathy, Laila) and our Electric Eleven (Taha, Tarnpreet, Phebe, Tyler, Brookly, Milan, Mofe, Christelle, Negar, Mayya, Jasreen). The Fab Four were involved in the interview and selection process and delivered orientation day and training during the first week of the crossover. This structure worked so well as the first group of students were really able to develop leadership and presentation skills. They

also served as role models for the new employees.

The biggest addition we made to the program was individual weekly mentorship meetings. These were the favourite time of the week for not only the employees but for the mentors as well. These meetings were incredible, they were honest, emotional, aspirational and motivational. I have to admit that I very much looked forward to each and every single one of them. And all it that took was time. Time is so precious and one of the most valuable gifts we can give. Feedback from students showed that unanimously, this was their favourite part and we are

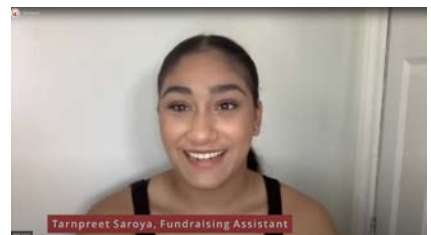
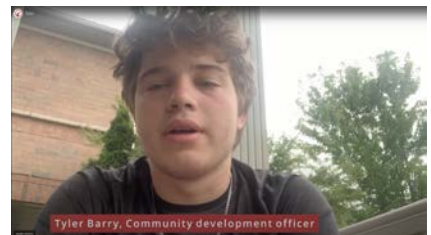
so thankful that they gave so much in the meetings.

Over the next few pages, you will read testimonials, see some infographics made by our team, learn more about their accomplishments and read their articles. Thank you to Canada Summer Jobs for funding these positions and thank you to our participants for making Summer 2021 so special!

Over the next year, we will work to develop a new component to Summer Jobs, which will be to match students with companies to gain a more varied and indepth work experience.

VIDEO TESTIMONIALS

CLICK ON THE IMAGES TO LEARN MORE ABOUT THEIR EXPERIENCE WITH WORK IT.



PROGRAM

ASSOCIATE

THE FAB FOUR

From David:

Unathletic the day I was born, some people are born athletes but not me. Of all people, I probably had the best reason to stay away from contact sports like wrestling. I was unfit, overweight, and asthmatic. Staying home and playing video games 25/8 was my life up until I was 16 years old. **The most courageous and best thing I ever did was walk into that West Humber gym, not knowing a single thing or anyone. You probably know what's next, wrestling and Beat the Streets changed my life for the better.** But I did it all by losing, in all of my wrestling matches officially and in the club. I have never won a single match. I would sit on the bus ride home and debate about quitting every practice. Even though I didn't win any matches, I think I won a battle within myself in the end. I became more confident and along with that came better friends and opportunities. Like I would have never imagined getting personal training from an organization as high as Medcan. Losing so much also changed the way I think, **just embrace the suck and ride out the storm** is now my go-to philosophy.

Thanks to Canada Summer Jobs, they've given me another opportunity to work with Beat The Streets again. As a program associate I can motivate others to look out for their physical fitness and find success in other ways like me.



DAVID



LAILA

SOCIAL MEDIA MANAGER

From Laila:

Hi everyone! My name is Laila Sheather and I am a fourth-year student at York University studying Health Studies. This summer, I'm so excited to be working with Beat The Streets Toronto as one of the Social Media Community Managers. I'll be working alongside my partner to create digital content, coordinate social media campaigns, and manage the BTST social media accounts. **My goal in this position is to help more youth discover BTST and its amazing programs and increase the charity's visibility and outreach.** Working with BTST is an experience I've never gotten a chance to have before and I am really looking forward to committing my time to a charity that cares so much about its youth and their development.

I am so happy to be at Beat The Streets Toronto and work with Jessica and Coach Neal and the rest of the amazing people I'm working with! **Special thanks to Canada Summer Jobs for funding summer opportunities like mine and allowing youth to gain valuable community experiences.**

EXECUTIVE ASSISTANT



From Arely:

My name is Arely Torales, this summer I will be taking on the executive assistant position for Beat the Streets Toronto (BTST). **I have been involved with BTST for almost 5 years now. I was first introduced to them when I joined one of their wrestling practices at my high school and they have continuously made positive impacts in my life.** I enjoy playing sports but my main focus is wrestling. One of my greatest achievements in wrestling was coming 2nd at the Canadian Juvenile nationals in 2019 with only 3 years of experience in the sport. I am excited to work with BTST as their Executive assistant as I work remotely with the Executive director to create strategic plans for BTST. I have been paired with amazing partners to work with this year and I am very excited to work with them as this position requires a lot of teamwork. **Thank you Canada Summer Jobs for making this opportunity possible for my team members and me.** My end goal this summer is to develop and improve my communication, multitasking, time management, and problem-solving skills.



ARELY

SOCIAL MEDIA MANAGER



KATHY

From Kathy:

From a young age, I was utilizing the internet as my primary source of education on health and fitness. It has taken me years of trial and error (I am still learning) to filter through and navigate this space, it is not easy to do on your own. I ended up going down the wrong path and I struggled with an eating disorder for years. Beat The Streets enables the youth to learn to navigate their own health and to take control of their livelihoods with confidence. **I believe in the work of this charity and with my time here I hope to help lead youth down the right path.**

FREE resources (text or call) if you need someone to talk to
Ages 18+ - <https://good2talk.ca/>
Ages under 18 - <https://kidshelpphone.ca/>

Special thanks to Canada Summer Jobs for enabling youth employment and skills development through work opportunities like mine.



THE ELECTRIC ELEVEN

BEAT THE STREETS
PRESENTS



NEGAR RAJABZADEH
RESEARCH ASSISTANT

BEAT THE STREETS
PRESENTS



MAYYA PANFILOVA
RESEARCH ASSISTANT

BEAT THE STREETS
PRESENTS



CHRISTELLE LANS
SUMMER CAMP FACILITATOR

BEAT THE STREETS
PRESENTS



MILAN EWERS
SUMMER CAMP FACILITATOR

BEAT THE STREETS
PRESENTS



BROOKLYN GLASGOW
SUMMER CAMP FACILITATOR

BEAT THE STREETS
PRESENTS



MOFE OGUNYOMI
SUMMER CAMP FACILITATOR

BEAT THE STREETS
PRESENTS



TAHA SHAFIQI
FUNDRAISING ASSISTANT

BEAT THE STREETS
PRESENTS



TARNPREET SAROYA
FUNDRAISING ASSISTANT

BEAT THE STREETS
PRESENTS



TYLER BARRY
COMMUNITY DEVELOPMENT OFFICER

BEAT THE STREETS
PRESENTS



PHEBE ADEWUMI
COMMUNITY DEVELOPMENT OFFICER

BEAT THE STREETS
PRESENTS



JASREEN SAHOTA
VOLUNTEER

"If there was any summer job opportunity that I could recommend to youth in Toronto, it would be the Work It program. I feel as if I'm already ready to work in a professional workspace with all the soft and hard skills I was taught, such as time management or grant writing."

Fundraising assistant (Taha Shafiqi)

BTS SUMMER JOBS HIGHLIGHTS.

- **Hired 14 employees**
- **3,180 hours of work and learning experience**
- **56.5 hours of one-to-one mentoring sessions**
- **Created more than 70 blog posts**
- **Created infographics for frameworks**
- **Developed 10 workshops for future summer jobs program**
- **Developed volunteer program and created page**
- **Research on communications strategies**
- **Research on evaluation reports**
- **Developed 2 proposals for new BTS programs**
- **Delivered 56 Wrestle 4 Fun classes to City of Brampton children during summer camps**



"Through this program, I have seen a tremendous amount of growth in myself and my work."

Fundraising assistant (Tarnpreet Saroya)

"My time here was awesome."

Research assistant (Mayya)

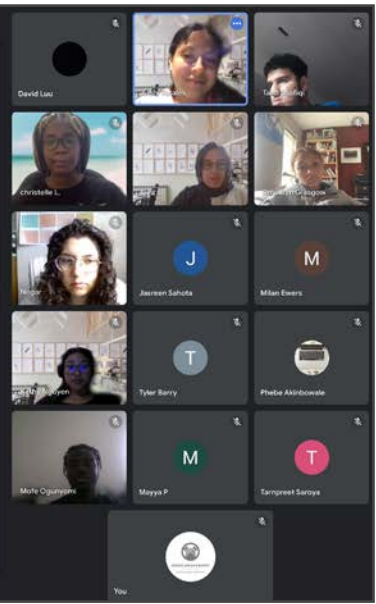
"Beat the Streets has helped me become a confident and more resilient person. I am now leaving this job feeling like I can achieve any goal if I try my best and never give up!"

Brooklyn Glasgow, summer camp counsellor

* STRENGTHS AND WEAKNESSES

We've covered weaknesses, but what should you say if they ask for strengths?
Always talk about strengths that relate to the job description! This makes you seem like a great fit.

- Detail-oriented
- Positive team-player
- Determined to finish every task
- A great leader who assesses other people's strengths and delegates tasks accordingly



“Throughout the last 7 weeks, I discovered what I was capable of and got to see myself under a completely new lens and I'm glad that I had coach Neal and Jessica as mentors to help me reach that potential (still reaching).”

Summer camp counsellor (Christelle Lans)

Infographics designed by Laila Sheather for our new SEL curriculum.

MEMORIES FROM MY TIME AT BTS

PHEBE ADEWUMI

**COMMUNITY DEVELOPMENT OFFICER,
WORK IT**



This summer I've been so blessed to get work at Beat The Streets as a community development officer, I want to use this opportunity to say a big thank you to Jessica and Coach Neal and Canada Summer Jobs for this wonderful experience! I've made so many memories, learnt so many new things and got to work with so many amazing people.

One of my favourite parts of the Work It program is the mentorship component, I learned so much at mentorship meetings with Coach Neal and Jessica and I can't wait to take some of the useful strategies and tips I learned at mentorship and implement them in the long run. One of the things that I learned that I found really useful was Goal-setting.

Prior to learning this, I would always set goals and never accomplish them but after attending Coach Neal's goal-setting workshop and using his Goal-setting template, it made it easier to set and accomplish my goals. Another thing I learned at mentorship meetings was to dream big! Before mentorship, I would always settle for less and stumbled over figuring out my career path but after writing out my personal vision statement and values as advised by Coach Neal and Jessica and going over it with them, **I can say that I have a clearer focus on my career goal and whenever I make future plans and goals, I never settle for less!**

WHY BEING ACTIVE MATTERS TO ME

JASREEN SAHOTA
VOLUNTEER, WORK IT



In today's world, we need technology to function. As it may provide many benefits, such as advanced healthcare and easy communication, a lot of people are glued to their devices a lot more than they should. **Amid the pandemic, people have HAD to use their devices more, and that hasn't been very good for their health.**

Personally, the pandemic has had a huge impact on my mental health. I was watching a lot of news and reading a lot of articles, and it felt like this dilemma was never going to end. I started to feel very gloomy and went into this phase of sadness. **I thought there was no point of doing anything and lost interest in a lot of the things I loved.** This was around the time winter had reached its coldest and we had switched back online (around January).

Then, **I saw that even with the pandemic, there were still people giving their 100% and trying to be as productive as they could.** I was honestly inspired and decided maybe I should give something a try. I settled on working out and exercising. I would wake up early, workout and then do online school. Sometimes, I would workout after school, but I tried to workout everyday. As it started to get warmer outside, I started playing outside more and going for walks. I was feeling good and life had purpose again, I had a default (reference to Coach Neal's goal setting workshop).

I feel like if I hadn't been inspired back then, I wouldn't be as happy as I am now. Working out and being active has just become a part of me. I try to give my 100% each time, and try pushing through. I am honestly blessed to have a coach like Coach Neal, even if I only met him a little while ago. He makes me want to do better and go harder each time, and I couldn't ask for anything else.

SOMETHING THAT MATTERS TO ME

CHRISTELLE LANS

**SUMMER CAMP FACILITATOR,
WORK IT**



My Family is the most important thing to me.

Why? Well it's because they might be annoying and always in my business but they are the most genuine thing I possess. They're annoying because they care, they're nosey because they want what's best for me. This summer

I haven't really been spending time with them because of work and I've even been thinking like those people that think that once they make enough money then they'll have the time for their loved ones. Little do they know that 1 week becomes 1 month which then becomes 2 years and then you lose the opportunities to spend time with them.

What some people don't realize is that we have limited time and at the end of the day, you could be the richest person in the world but the time you lost, you'll never get it back so spend time with your family and the ones you care about. I'm not saying don't make money but then again, money doesn't love you back, money doesn't make you laugh, money doesn't cook for you or take care of you when you're sick, money doesn't care for you.

Family doesn't have to be blood related.

I have a few friends that I consider family but then it's not all friends that should be considered family. Those friends have been there for me despite my super annoying personality. When I was wrong they checked me and when I was doing something great, they cheered for me. They look out for me. I hope that those friends stay in my life for a long time and then when we're 70 years old, we can look back and laugh at the silliness we did back in the days.

JOURNALING

MILAN EWERS

SUMMER CAMP FACILITATOR, WORK IT



It's a creative and artistic outlet where I get to be myself and have fun. Journaling can be a distraction for some people and it can also help with anxiety. I think it's a popular form of self-expression because there are no rules and you have complete freedom and choice in the things you do.

Having your thoughts written down and organized all in front of you is amazing. Writing things instead of typing works better for me, it's honestly a very calming and therapeutic experience. **It gives me a chance to prioritize my fears and problems while being honest with myself in a personal way.**

Writing my actions and thoughts down helps maintain my sense of self. Being able to put what I'm going through negative and positive on paper allows me to move on and continue with life.

I've been journaling since the 6th grade and I'm in the 11th now. I get to look back on my past self and watch the growth and how I've changed. It's nice to see specific memories. Re-reading entries is like a blast through the past for me. It has changed my life for the better. It has given me the ability to think through different perspectives and be transparent. **Last but not least I've become more self-aware.**

Benefits

- Sparks creativity
- Allows self-reflection
- Relieves stress
- Improves writing skills
- Lets you set goals

Journaling Ideas

- Habit trackers
- Mood trackers
- Goals
- Daily entries
- Monthly entries
- Exercise log
- Lists
- Dream logs
- Weekly Calendars
- Self-care regimens

HOW WRESTLE 4 FUN CHANGED ME

BROOKLYN GLASGOW

SUMMER CAMP FACILITATOR,
WORK IT



Hello, my name is Brooklyn Glasgow and this summer I experienced something I never thought I would.

Being involved in Beat The Streets has helped me develop my soft and hard skills. The Work It program has shown me how to write proposals and blogs and has improved my communication and leadership skills. It has also helped me have a better understanding of the amount of effort it takes to be involved in a charity as amazing as Beat The Streets.

This summer I have taken the role of Summer Camp Facilitator which has been a great experience for me. When I was a kid I enjoyed attending camps and it feels great to be able to give other children that feeling of joy and happiness when showing up to classes. **Teaching kids fun wrestling moves and seeing a smile on their faces while doing it has been the highlight of my summer.** However there have been a few bumps along the way which my team and I have overcome.

Beat The Streets has not only helped my work life, it has also impacted my personal life. Coach Neal always says, "roll with the punches" and I have now taken this simple quote and have implemented it into my everyday life. Some things may not always go your way but that doesn't mean you give up and quit. You see the obstacles in front of you and you challenge them. **I truly believe that this summer I have been tested in many ways and I now feel like I am capable of a lot more. I now have the confidence to achieve all of my goals sooner or later.**

ADVICE FOR FUTURE BTS EMPLOYEES

TAHA SHAFIQI
FUNDRIASING OFFICER,
WORK IT



Learn about your co-workers

Had I learned about my co-workers earlier in the program, I would have been even more comfortable than I already was. Although they were welcoming as can be, I didn't feel a connection to them because I didn't know anything about them. So, when

we had a 'ask anyone anything' session, I felt like they were actually my friends because we all had this sense of understanding with each other.

Practice good time management

With a job comes a lot of responsibilities, and if you don't manage your time well, you may find yourself in a sticky situation. That's why I find it necessary to make a work plan according to your responsibilities and position. For example, I was really confused during the first week. I didn't have a set work plan, so I just worked on whatever I saw was due. Because I had to work on developing a blog series and workshop throughout the 7 week program, I allocated time for them on Wednesday and Friday respectively.

Ask for help

When I first started, I avoided asking for help because I was too nervous or shy, but you should know that employees are encouraged to ask for assistance and guidance. If you're comfortable, ask during meetings, but there are many more ways. For example, you could ask to set up a meeting between you and the employer, or private message. When I got comfortable and had a task at hand, I noticed asking for help strengthened the bond between my co-worker/employer and increased the quality of my work.

WRESTLE 4 FUN POSITIVELY IMPACTS KIDS

MOFE OGUNYOMI
SUMMER CAMP FACILITATOR,
WORK IT



Physical health

As a Wrestle 4 Fun camp facilitator, my job is to keep the kids active and engaged. We do various exercises such as jumping jacks, burpees and high knees to get them warmed up for the wrestling portion of the class. This is very important because they've been stuck at home for over a year due to the pandemic and kids are recommended 60 minutes of exercise per-day to promote healthy growth and development.

Mental health

Active living does not only have physical but also mental benefits. Signs of mental illness can be seen in children as young as 4 years old and research shows that physical activity helps reduce stress, anxiety, and depression. The Wrestle 4 Fun program allows kids to express themselves in a fun environment.



MY SUMMER AT BEAT THE STREETS

TYLER BARRY
FUNDRAISING OFFICER,
WORK IT



My summer working with Beat The Streets Toronto has been great. For me working with Beat The Streets Toronto has always been something I've wanted to do whether it was volunteering or having a job here. **I love working with this organization because ever since I was 10 I started wrestling at one of their programs and it helped me improve as a wrestler as well as as a person so I wish to help other people**

through this organization the way it helped me.

This summer I learned many new things, made new connections as well as strengthened old ones. Last summer I worked with Beat The Streets Toronto as a social media manager which was a great experience and opportunity, so when I got the job as a community development officer I was nervous to start it as it was something I didn't have much at all experience in but after this summer I feel much more comfortable with this job and would love to do it again.

One memorable moment from my time this summer would be our workshops as all of the job positions were making workshops for future employees and each other but we all had to have meetings and work together to keep a certain theme in common.

Some new things I learned this year during my time with Beat The Streets were how to write a proposal, how to make work plans, how to create an entertaining workshop, an intro for photography and an intro for graphic design. I would like to thank Beat The Streets for giving me this opportunity, I would like to give thanks to my coworkers for making this opportunity what it was, and I would like to give a thanks to Canada Summer Jobs for making this possible.

3 FUNNIEST & FAVOURITE MOMENTS FROM BTS

TARNPREET SAROYA

FUNDRIASING OFFICER,
WORK IT



At the beginning of my summer job I was very reserved. As I got more comfortable getting to know my coworkers, I was no longer as shy. However, I would still answer questions using 1 word answers that were no more than 2 syllables. My bosses Jessica

and Coach Neal noticed after some time. Coach Neal in particular came up with a solution and let me know that Tyler, one of my coworkers on the social media team, was doing the same thing. He explained that I had to use more than 3 words in 1 sentence to answer questions from then on.

Moving forward, I became more aware of my answers. I would even count words on my fingers to ensure I passed the 3 word limit. In the beginning I would share using only 3 words, which was definitely an improvement from 1 word answers. When I would be asked questions Coach Neal's rules would come into the back of my head and I would guarantee to use more than 3 words to communicate and answer questions. There were times when I would answer in less than 3 words and I would catch myself, then continue talking and challenge myself to say more at some point in the future. As I got more accustomed to participating, I started to use more words naturally and didn't have to depend on the rules so much. I realized that saying what I wanted to say wasn't that bad, that I was allowed to expand and was not limited to answering questions with a "yes", "no", or "good".

I will be sure to use his rules in the future if there is a time when I don't feel like sharing but know I should. The rule allows you to start off small with something as do-able as using more than 3 words and once you get the hang of it, you instinctively talk and say what you want to say without realizing. I want to say thanks to Coach Neal because my experience this summer may have been very different had he not challenged me to work on and overcome my public speaking fear.

Friday Games are one of the highlights of the week, every week! The game starts off very well but it always seems to take a sharp turn. As the game progresses, everyone seems to become more and more competitive to the point of Coach Neal and Jessica having a dispute over the technicalities of the game and Jasreen, our volunteer and youngest team member, clearing up the controversy. What I have collected from being a 1x champion and expert at the game of jeopardy is that random topics are always hard topics. Space is not my cup of tea. Don't let Taha make you second guess yourself. It's a lot harder than you think it is to create a game of Jeopardy and the game itself is actually very technical. I have learned many random facts that may come in handy one day such as the sunset on Mars is blue, Mars has the highest mountain on it, Space smells like burnt humans and MANY more. We don't play Jeopardy like the average guests on Alex Trebek's Jeopardy.

We have made our own "Half Rule". Where if you get half the answer right you will receive half the points. No one knows who first started the silly rule but Jessica seems to think Coach Neal did, and Coach Neal seems to think Jessica did. I think this all started when Brooklyn had answered the question correctly but Jessica thought it was wrong and added more to the answer, MOSTLY all of us came to a consensus that they should get half the amount of points. Later, once other teams started messing up they would use the "Half Point" card to at least receive half as many points if not any. Some people argue that this rule 'messed' up the game but personally with all the entertaining arguments that comes along with it, I don't mind at all!

A song I believe depicts Beat The Streets, is Count On Me by Bruno Mars. Over the course of the summer I have gotten to know my co-workers and bosses really well from the helpful mentorship meetings, to the intense games of Jeopardy, to the interesting "Ask Anything" meetings. I have gotten to know my co-workers beyond "just a face" I see on the computer screen, I learned about their personalities, character and what makes them who they really are. I am very thankful to work with such down to earth, devoted, individuals. I know I can count on them if I am ever in need of a helping hand. I'm sure they also know that they can count on me if they ever are in need as well.

There was this one time in particular, when Taha, my co-worker on the financial team and I supported each other. The both of us were assigned 2 major tasks that were due on the same day. As we were busy with the newly assigned tasks as well as our previous assignments, we didn't get the chance to communicate like we typically do. However, everything ended up working in our favor as he completed the Fundraising Database task efficiently for Jessica to match her expectations and I completed the Financial Securities Poster effectively for Coach Neal to his liking as well. In the beginning of the job, I helped Taha get a start on things as I had experience from the previous summer as a social media manager and he was new to the job. I looked over his work and let him know if his Instagram posts were suitable; I made a list of potential blog posts for our series and we both collectively chose the ones that fit us best, and I also helped him with his blog post proposal.

COACHES SPOTLIGHT

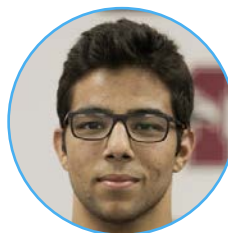
BTS aims to support the next generation of athletes and coaches, so BTS was excited to work with **Ahmed Shamiya, Brea Rodgers & Dejah Slater** for Wrestle 4 Fun. They did a great job delivering a contact sport online, and with no contact. Feedback from students included a request that they come back as their gym teachers next year. Students also shared that they were inspiring, and enjoyed learning from professional athletes.



AHMED

Ahmed Shamiya 5 time OUA medalist, 4 time U sports medalist. And head coach of the McMaster varsity wrestling team. Ahmed has been described as a very motivated and dedicated coach who is always available for his athletes on and off the mat. He runs intense yet knowledgeable and valuable practices and has been said to work harder than ever, especially during dodgeball.

- * HEAD COACH OF MCMASTER
- * KINESIOLOGY DEGREE
- * 2 NATIONAL TITLES
- * RETIRED ATHLETE FROM THE SENIOR NATIONALS TEAM



BILAL NAOUS

A PIECE OF ADVICE TO YOUR 6 YEAR OLD SELF

"Don't take anything personally and don't let anyone tell you that you can or can not do something, if you truly want to do something and you want to dedicate yourself to that thing, you have to trust yourself and you have to trust your instinct. Whatever it is that you want to accomplish, whatever potential it is that you want to accomplish. The capability that you have is already within you. But, only you can free that capability within yourself and not anybody else. If you wanna do something, trust yourself and trust you instinct and don't let anyone tell you, you can or can't do something."



BREA

Brea is a fun, strong, independent and very selfless person! She is always willing to help others when she can. She is a great friend because she's funny and very caring. She is a great wrestler and an amazing training partner. I miss going to wrestling tournaments with her because she would always bring snacks for the whole team.



ARELY TORALES

- * 2020 OUA FEMALE ROOKIE OF THE YEAR
- * ON THE WOMEN'S VARSITY
- * WRESTLING TEAM AT YORK UNIVERSITY
- * 2020 OUA JUNIOR PROVINCIAL SILVER MEDALIST
- * 2X JUVENILE PROVINCIAL SILVER MEDALIST
- * 2019 OFSAA BRONZE MEDALIST

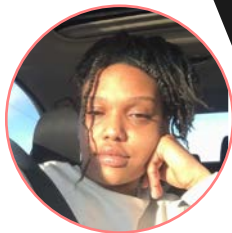
A PIECE OF ADVICE TO YOUR 6 YEAR OLD SELF

"Enjoy being a kid, try everything, try that new sport, try that new hobby. Have fun and don't overthink it, just enjoy it!"

To describe Dejah is to describe one of the most hilarious, hardheaded and hardworking individuals. Everyone has their weaknesses, hers are donuts. Just to give you a mental picture of her life for donuts, she'll eat a box of a dozen donuts in a single sitting. Dejah is my best friend, her stories and her vibe never fail to place me in a better mood. Whatever she does best, I believe her blood, heart, sweat and tears will go into it. Dejah truly is a gift in my life.



DEJAH



SHANTAY SLATER

A PIECE OF ADVICE TO YOUR 6 YEAR OLD SELF

"Things don't go as planned and that's okay. I would tell my younger self just go with the flow you don't have to plan every single thing in your life. Things happen, build a bridge to get over it, roll with the punches."

- * 3X JUNIOR NATIONAL CHAMPION
- * 2018 JUNIOR PAN AM CHAMPION
- * 2019 JUNIOR PAN AM CHAMPION
- * 2X OFSAA CHAMP

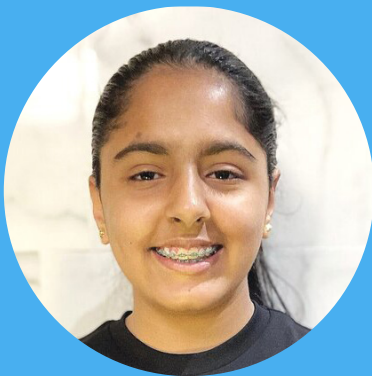
JASREEN SAHOTA

VOLUNTEER SPOTLIGHT

Over the summer, BTS was delighted to have **Jasreen Sahota** join our team as a volunteer. At only 14 years of age, Jasreen took on the role of executive assistant, providing support to the Executive & Deputy Director, organizing all meetings, managing reporting & timekeeping, researching, producing and delivering one of the most engaging workshops and most importantly, creating the best Jeopardy questions for our weekly game day!



Everyone loved having Jasreen on the team. Her strong work ethic, friendliness and attention to detail did not go unnoticed. She made a valuable contribution to the work of Beat the Streets and it was a pleasure to work with someone so young, yet so responsible, creative and ready to learn and work. Thank you Jasreen, we can't wait for you to come back and see what else you will do to make BTS even better.



“My experience with BTST was amazing! I enjoyed every second of it and I learned a lot of important skills that I know will help me! Overall, I loved the program and hope to come back next year!”

WHAT'S UP NEXT FOR BEAT THE STREETS?

BTS has a full calendar of activities for the rest of the year. Behind the scenes, we are working in overdrive to get everything ready for launch in November. Here's a quick look at what is going on.

Programs

In November, BTS will work with 10 schools in the **Toronto District School Board (TDSB)** to deliver the rest of our **Wrestle 4 Fun** classes and aim to serve 2,000 more children, ages 6-12. We are also working with the **City of Brampton** to provide **Wrestle 4 Fun** Classes to their recreational camps.

From November to March, we will deliver 4 x **Level Up** and 2 x **You Grow Girl** programs to 120 students ages 13-18 at community centres and schools in the GTA. We are excited about our new programs and cannot wait to encourage more active, confident and resilient youth. **Andrew Tyson** will be leading the physical activities in **Level Up** & **You Grow Girl** once again to our absolute delight. Tyson will be joined by **Paul Rasso**, Executive Director of **Education Involved Advocacy Group**. Paul designed our new social-emotional learning

curriculum and will deliver it for the first time. We can't wait for this dream team to start!

In November, BTS will launch our new volunteer program for students who need to fulfil their volunteering hours for high school. The program has been designed as a **Work It "lite version"**. Depending on the volunteer experience they choose, in addition to work, students will participate in mentorship meetings and workshops to increase their confidence and employment skills.

Capacity Building

BTS has been juggling many moving parts these last few months. We have been working with business strategist **Cindy Stater-Drummond**, founder of **Own My Canvas**, to develop our strategic plan and improve board governance. We are grateful for her expertise, insight and support. We look forward to sharing our results with our partners and stakeholders later this year.

By the end of October, we will launch our new **Micharity** account, which will allow all BTS friends and supporters to donate online.

In November, BTS will launch an updated website to showcase its new purposes and programs. The new site will include an online learning platform and a donor platform. We are also working on a communication and fundraising strategy, which we will execute at the end of this year.

We look forward to delivering these programs, building our capacity and ensuring that we continue to provide educational and development opportunities to empower low-income youth and inspire them to dream big.

YOUR SUPPORT IS CHANGING LIVES AND MAKING KIDS DREAM BIG!

We are grateful for the grants received from:

Ontario
Trillium Foundation



Fondation Trillium
de l'Ontario

An agency of the Government of Ontario
Un organisme du gouvernement de l'Ontario



Canada



We are thankful for funds and in-kind donations from:

Pilosof Foundation
Hammersmith Corporation



IMPACT IN NUMBERS

**19,000 STUDENTS IN
WRESTLING CLASSES**

**255 NEW STUDENT
WRESTLERS**

**50 STUDENTS IN LEVEL UP &
YOU GROW GIRL**

34 STUDENTS IN WORK IT

21 TEACHERS TRAINED

**12 AFTER SCHOOL
PROGRAMS STARTED**

2 SCHOLARSHIPS AWARDED

GET INVOLVED

Beat the Streets is a charitable organization advancing the education for low-income youth through development programs that encourage confidence, resilience and active lifestyles.

If you would like to volunteer, get involved in one of our programs or donate funds or services, together we can really make a difference in the lives of children and youth, help them to think critically, have a growth mindset, become more confident and self aware, adopt active lifestyles and reach their full potential.

For more information, please visit our website or contact neal@btstoronto.com.



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