FOUNDATION for the Royal College of Chiropractic Sport Sciences (Canada) announces their 2025 Research Awards Winners

The FOUNDATION is pleased to announce the following Awards

2025 Dr. Rocco Guerriero Research Funding Grant	**Dr. Kristen Mangos**
2025 Dr. Gordon Lawson Research Funding Grant	**Dr. Christopher Aspiras**
2025 Dr. John DeFinney Research Funding Grant	**Dr. Cameron Borody**
Dr. David Gryfe Academic Achievement Scholarship Award	**Dr. Noah Lane**
Bill Neilson Memorial Award of Excellence – Resident	**Dr. Christopher White**
Bill Neilson Memorial Award of Excellence – Fellow	**Dr. Tracy Rowan**

The following are the descriptions of the Awards and the award winners.

Research Funding Grants (3)

These grants are open to chiropractors and scientific researchers wishing to conduct sports-focused research, where at least one member of the authorship team is a Canadian Sports Fellow, Sports Sciences Resident, or Member of the Royal College of Chiropractic Sports Sciences (Canada).

Dr. Kristen Mangos

Winner of the 2025 Dr. Rocco Guerriero Research Funding Grant

Exploring the perceived need of an injury surveillance system in the Ontario Player Development League of Ontario Soccer: A qualitative study

Description

Injuries in youth soccer players can have significant consequences as they occur during a critical period of physical development and athletic progression, and yet there is limited data on injury patterns in Canadian players. This gap is due, in part, to the absence of a standardized injury surveillance system (ISS). Injury surveillance involves the systematic collection and analysis of injury and illness data in sport to monitor patterns, guide prevention strategies, and evaluate interventions. Before developing such a system, it is essential to understand whether it is perceived as necessary, valuable, or feasible by those directly involved in the sport. This study will explore the views of researchers, Ontario Soccer personnel, parents, and athletes on creating an ISS for the Ontario Player Development League. Through virtual focus groups, the study will identify the need of a practical, youth-specific ISS that supports safety, performance, and long-term participation.

Dr. Kristen Mangos Biography



Dr. Kristen Magos earned her Honours Bachelor of Science degree (Biological Sciences) from the University of Guelph in 2020, enrolling in the Doctor of Chiropractic Program at the Canadian Memorial Chiropractic College later that year. Upon graduating Suma Cum Laude from CMCC in 2024 she enrolled in the Sports Sciences Residency Program at CMCC with an anticipated completion in 2026. Dr. Mangos is a teaching assistant at CMCC in addition to working in a multidisciplinary sports medicine-based facility and is active in providing coverage at a wide variety of sporting events.

Dr. Christopher Asprias

Winner of the 2025 Dr. Gordon Lawson Research Funding Grant

The CANMEDs roles and key competencies expressed in the experiences of chiropractors who integrated into elite sport healthcare settings; a qualitative descriptive study

Description

This project explores the real-world experiences of chiropractors who work as part of elite sport healthcare teams. It aims to identify the key skills, roles, and competencies that allow chiropractors to contribute effectively in these high-performance environments. Using the CanMEDS framework, a structure widely used in Canadian healthcare education, this study will examine existing interview data to better understand what successful integration looks like in practice. The findings will help translate practitioner experiences into actionable guidance for training and curriculum development, ultimately supporting chiropractors in preparing for collaborative, interprofessional roles in elite sport settings.

Dr. Chritopher Aspiras Biography



Dr. Aspiras obtained his Honours Bachelor of Science degree from Brock University in 2019. He began his chiropractic studies the following year (2020) graduating from the Canadian Memorial Chiropractic College in 2024. Upon graduation he enrolled in the Sports Sciences Residency Program at CMCC with an anticipated completion date in 2026. At present he is a teaching assistant at CMCC, part of a multidisciplinary health clinic in Toronto, and is active in providing coverage at a variety of sporting events.

Dr. Cameron Borody

Winner of the 2025 Dr. John DeFinney Research Funding Grant

Attitudes towards chiropractic: an analysis of written comments from a survey of Canadian Sport and Exercise Medicine physicians

Description

To provide further context to our recently published paper analysing the survey results investigating Canadian sports and exercise medicine physicians attitudes' towards chiropractic, this part of our project is limited to a qualitative analysis of comments left in an open-ended section at the end of the survey. 29 of 70 survey respondents left comments that covered a wide range of issues. Reflection on the themes identified by our findings could help the chiropractic profession focus it's efforts on advancing integration into the field of sports medicine in Canada.

Dr. Cameron Borody Biography

After earning an undergraduate degree in Science at the University of Winnipeg, Dr. Borody went on to complete the Doctor of Chiropractic program at the Canadian Memorial Chiropractic College graduating in 2001 and attained his Fellowship with the RCCSS(C) in 2004. Dr. Borody is currently a Resource Clinician and Assistant Professor at CMCC. He is a member of the IST for Volleyball Canada (beach) and was the medical lead for the Toronto 6ix of the Premier Hockey Federation. He maintains an active practice at the Cleveland Clinic Canada and is engaged in multiple research projects. His most recent passion is coaching both of his sons' minor hockey teams.



Academic Achievement Scholarship Awards

These scholarships are open to members of the Royal College of Chiropractic Sports Sciences (Canada) [RCCSS(C)] who have recently conducted scholarly written requirements as part of their Canadian Chiropractic Sports Sciences Residency Program (SSRP).

Dr. Noah Lane

Winner of the 2025 Dr. David Gryfe Academic Achievement Scholarship Award

Multiligament knee injury and dislocation in a 17-year old football player: clinical focus on rehabilitation exercise and return to sport – a case study

Description

This case report presents the rehabilitation and return-to-sport (RTS) process of a 17-year-old male football player following surgical reconstruction of a multiligament knee injury (MLKI) with associated vascular compromise. The athlete required immediate limb-saving surgery and subsequent tissue repair before starting a structured, interdisciplinary rehabilitation program. Rehabilitation emphasized progressive loading, neuromuscular control, and staged RTS readiness. At eight months post-op, the athlete returned to his prepatory school in the United States and transitioned to an external strength and conditioning program. While short-term results were positive, limitations in continuity of care prevented long-term follow-up. This case highlights the complexity of MLKI rehabilitation, as well as the essential role of communication and structured progression in facilitating safe RTS following severe knee trauma and surgical reconstruction.

Dr. Noah Lane Biography



Dr. Noah Lane graduated from McMaster University with an Honours Bachelor of Science (Kinesiology) degree in 2019. He enrolled in the Doctor of Chiropractic program at the Canadian Memorial Chiropractic College that same year, graduating in 2023, at which time he entered the Sports Sciences Residency Program at CMCC. At present, Dr. Lane divides his time between teaching duties at CMCC, where he is a resource clinician and small group instructor; working at a multidisciplinary health clinic; Team Doctor for the GTA All-Stars Football team; and is on the therapy teams for Ontario/Canada Fencing and Red Bull Canada.

Bill Neilson Memorial Awards of Excellence

- **Resident**
- **Fellow**

These awards are meant to recognize the outstanding achievement conducted by chiropractic students, RCCSS(C) Sports Residents, and RCCSS(C) Fellows. In addition, these awards are granted to deserving candidates who, through their actions, exemplified the characteristics of Mr. Bill Neilson, long time Executive Administrator to the RCCSS(C) as well as to The **FOUNDATION**.

Dr. Christopher White

Winner of the inaugural 2025 Bill Neilson Memorial Award of Excellence – Resident category



Dr. Chris White received his Bachelors of Science (Human Kinetics) in 2016, and Masters of Science (Neuroscience) in 2017, from the University of Guelph in Guelph, ON. He earned his Doctorate of Chiropractic from the Northeast College of Health Sciences in upstate New York in 2020. While in school, Dr. White also completed an advanced certificate in sports science and human performance. At present, Dr. White is enrolled in the Royal College of Chiropractic Sports Sciences (Canada) Sports Sciences Residency Program with an anticipated completion in late 2026. Dr. White continues to give back to the community by working at numerous sporting events each year and is a member of the medical staff for several sports teams in British Columbia.

Dr. White's outstanding presence in multi-disciplinary, high intensity professional sports environments showcases the capabilities of RCCSC(C) residents to CASEM MDs and professional sports therapists. Never one to shrink from a challenge, Chris consistently looks to take a lead role within the sport health care teams he works with. Further, he is willing and ready to step into any role with a "no-nonsense, there's a job to do, let's get it done" attitude. Dr. White is also an accomplished presenter and researcher to his peers. As his nominator noted , "Chris represents the current and next generation of Fellow that will bring the profession forward". It is this combination of attributes that makes him this year's recipient of the Inaugural Bill Neilson Memorial Award of Excellence for RCCSS(C) Sports Residents.

Dr. Tracy Rowan

Winner of the inaugural 2025 Bill Neilson Memorial Award of Excellence – Fellow category



Dr. Rowan has long exemplified professional excellence. She earned a double major, Bachelor of Science and Bachelor of Physical and Health Education, while being on the Dean's Honour List as an undergraduate student at Queen's University in 2007. She brought this energy and focus to her studies at the Canadian Memorial Chiropractic College, graduating in 2011 Summa Cum Laude with Clinical Honours – demonstrating both scholarly achievement and outstanding patient care. She then enrolled in the Royal College of Chiropractic Sports Sciences (Canada) [RCCSS(C)] Sports Sciences Residency Program (SSRP) at CMCC, where her dedication and commitment were frequently noted by others, completing her Fellowship in 2014.

Not one to rest on her laurels, Tracy has been accepted into the PhD program at York University. This marks a major accomplishment for Sports Chiropractic, as she is believed to be the first sports chiropractor to have the Residency Program accepted as a Master's equivalent. This trailblazes the way for future sports chiropractors to excel in the academic field and advance the research for optimal care of athletes.

Dr. Rowan has been the Exam Director for the RCCSS(C) Sports Fellowship examinations since January 2016. Through this position, she worked closely with Mr. Bill Neilson. Her efforts and leadership in this role lead to significant improvements in the execution and organization of the entire exam process, ultimately providing a superior exam experience for many current and future Fellows of the RCCSS(C). As noted by Dr. Jason Porr, the RCCSS(C) Fellowship Committee Chair, "Tracy was continuously praised by Bill for her dedication, work ethic, organization, professionalism, and the incredible amount of reform and progress that the Committee saw as a result of her ongoing efforts".