Holland Hospital | REHABILITATION SERVICES

HIGH SCHOOL ATHLETIC TRAINING

Holland Hospital's Athletic Trainers (ATs) are licensed health care professionals who specialize in injury and illness prevention, assessment, treatment, management and rehabilitation for all physically active people. Our Athletic Trainers work at area high schools during the school year and before school when fall sports begin. They are present daily during most practices and at home sporting events.

Athletic training programs are customized for each high school setting. ATs provide injury prevention and conditioning, injury evaluation, preparation for practice and competition, treatment and rehabilitation programs for injured athletes and provide immediate response to acute injuries and medical emergencies that may take place during practice or competition.

Kaylynn Beltman, MS, AT, ATC

Nancy Ryan, PT, DPT, AT, ATC

Bailey Shelters, AT, ATC
Holland High School

Stephanie Lewis, MS, AT, ATC/L
Hudsonville High School

Trevor Ferrari, AT, ATC
West Ottawa High School

Courtney Stuckey, AT, ATC
West Ottawa High School

Diana Albers, MS, AT, ATC
Zeeland East High School

Brindy Skinner, AT, ATC
Zeeland West High School

Athletic Training Services

Prevention

- Proper mechanics to help athletes develop techniques that prevent future injury – *ie:* jump training to prevent knee injuries.

Clinical Evaluation

- Evaluation of new and old injuries to determine an appropriate plan of action including rehabilitation or physician referral.

Immediate Care

- Equipment and brace fitting.
- Recognition of wounds and infections that may require further care.

Treatment, Rehabilitation & Reconditioning

- Sports and injury-specific exercises designed and implemented by athletic trainers to return athletes to full functioning status.

Organization & Administration

- Assistance in identifying area physicians that accept referrals.
- Access to Holland Hospital outpatient rehabilitation facilities.
- Education on specific injuries and what to do for a speedy return to play. Team instruction on injury prevention techniques and importance of timely reporting.

Professional Responsibility

- Support and guidance as an advocate for patient welfare.
- Maintenance of record of care and services received.
- Evaluation of quality of care and protection of patient medical information.

Emergency Assistance

As part of Holland Hospital Rehabilitation Services, the athletic training staff maintains ongoing communication with area physicians and the Emergency Department. They also work with Emergency Medical Services to ensure immediate care.

Standardized forms have been developed for each school to allow for better communication with physicians and parents. Athletic Trainers are also involved in developing a wide range of Holland Hospital Rehabilitation Services Sport Performance training programs.

Contact Information

Holland Hospital Rehabilitation Services
3299 N. Wellness Dr.,
Building C, Suite 220,
Holland, MI 49424
(616) 355-3987

Find Athletic Trainer contact information on the reverse side.

Holland Hospital

Holland Hospital | REHABILITATION SERVICES

Athletic Trainers

Kaylynn Beltman, MS, AT, ATC
c: (616) 450-1199 | f: (616) 355-3859
kbeltman@hollandhospital.org

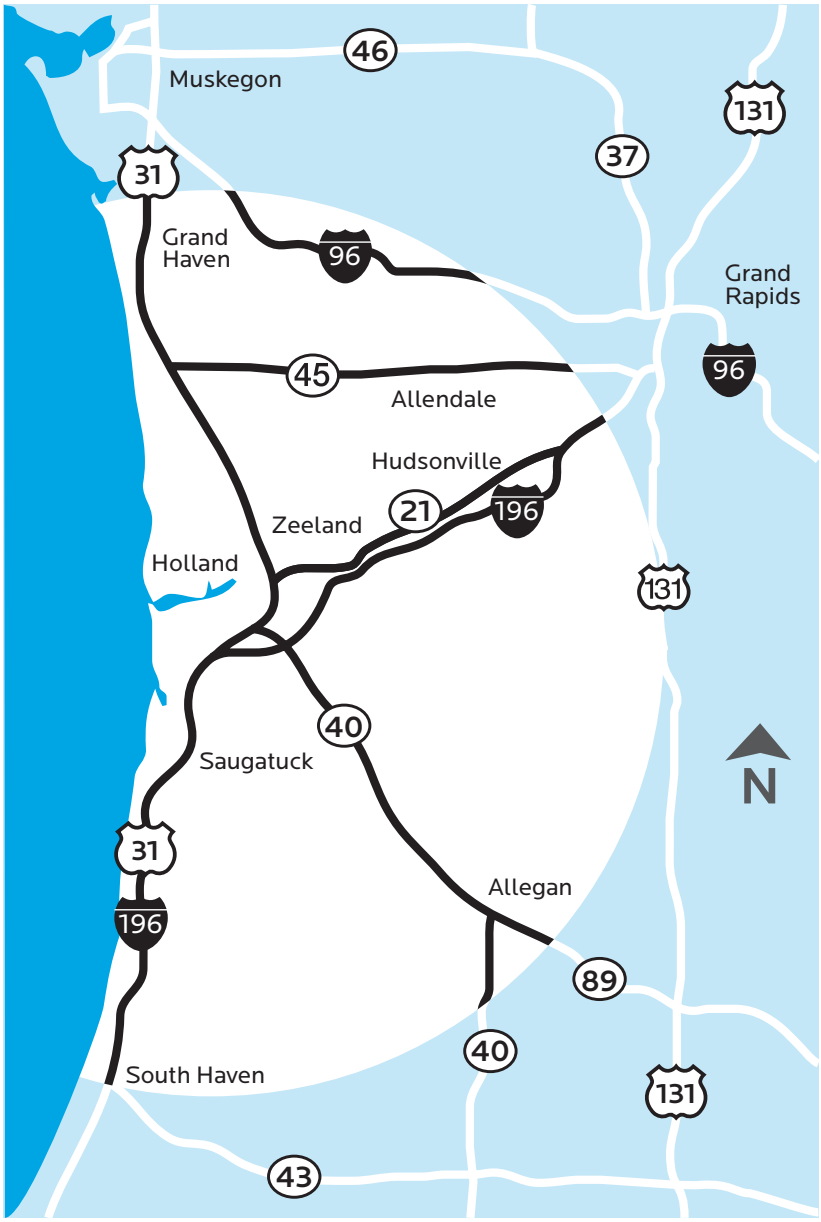
Nancy Ryan, PT, DPT, AT, ATC
w: (616) 355-3987 | f: (616) 355-3859
nryan@hollandhospital.org

Bailey Shelters, AT, ATC
Holland High School
600 Van Raalte Ave., Holland, MI 49423
c: (616) 566-6927 | w: (616) 494-2235
f: (616) 393-7556
bshelters@hollandhospital.org
bshelter@hollandpublicschools.org

Stephanie Lewis, MS, AT, ATC/L
Hudsonville High School
5037 32nd Ave., Hudsonville, MI 49426
c: (616) 610-3844 | f: (616) 379-7551
slewis@hollandhospital.org
slewis@hpseagles.net

Trevor Ferrari, AT, ATC
West Ottawa High School – North Building
3685 Butternut Dr., Holland, MI 49424
c: (616) 218-9535 | w: (616) 994.5048
f: (616) 994-5191
tferrari@hollandhospital.org
ferrarit@westottawa.net

Courtney Stuckey, AT, ATC
West Ottawa High School – North Building
3685 Butternut Dr., Holland, MI 49424
c: (419) 583-6545 | w: (616) 994-5048
f: (616) 994-5191
cstuckey@hollandhospital.org
stuckeyc@westottawa.net

Diana Albers, MS, AT, ATC
Zeeland East High School
3333 96th Ave., Zeeland, MI 49464
c: (616) 403-5416 | w: (616) 748-3129
f: (616) 748-3196
dbray@hollandhospital.org
dalbers@zps.org

Brindy Skinner, AT, ATC
Zeeland West High School
3390 100th Ave., Zeeland, MI 49464
c: (616) 502-4570 | w: (616) 748-4543
f: (616) 748-4542
bskinner@hollandhospital.org
bskinner@zps.org