

Sports Medicine

Outreach Athletic Training Program

Athletic training services for all Jenison High School athletic events are provided in cooperation with the Spectrum Health Medical Group (SHMG). As the preferred provider of sports medicine and athletic training services, this experienced team is committed to providing your community with quality health care that ensures safe participation in athletics, aids in individual and team success, and preserves the ability to enjoy a lifetime of physical activity.

Meet Your Athletic Training Staff



Ryan Grinnell, AT, ATC
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Ryan earned his associate's degree in kinesiology from Lansing Community College, then transferring to Palm Beach Atlantic University in West Palm Beach, FL earning his bachelor's in athletic training. Following graduation in 2017, Ryan relocated back to Michigan joining the Spectrum Health team. Ryan started as a resource athletic trainer, transitioning to full time at Union High school prior to transitioning into a split role at Jenison High School & Union High School.

What is an Athletic Trainer?

Athletic Trainers (ATs) are nationally certified and state licensed health care professionals that specialize in the prevention, evaluation and treatment of athletic injuries. These highly qualified, multi-skilled medical professionals are on the front lines of care as they are often the first to evaluate an injured athlete. Spectrum Health Medical Group employs licensed athletic trainers within our orthopedics offices and in the community, working with our partner schools, businesses, club and community partners.

Our Services

- Daily athletic training coverage for athletic practices and events
- Injury evaluation, treatment and rehabilitation
- Injury prevention and education programming
- Emergency action plan development and implementation
- Care coordination with physicians and other health care professionals to improve the student-athlete health care experience
- Sports concussion management
- Sports injury hotline
- FREE annual sports physicals

When a Student-Athlete is Injured

When an injury occurs, the AT staff will work closely with the student-athlete, parents/guardians, team physicians and coaches to ensure quality care and safe return to activity. The AT staff will evaluate the injury and provide recommendations for an appropriate treatment plan. In most cases, minor injuries can be successfully treated by the AT staff on-site helping to reduce medial costs for the family.

If a student-athlete needs to see a physician, the AT will contact parents/guardian to discuss the nature of the injury and help coordinate care. Spectrum Health Medical Group Sports Medicine has a team of surgical and non-surgical physicians who specialize in treating athletes of all levels. Choosing options through Spectrum Health may create a more efficient and effective medical management processes. We can also coordinate care with providers outside of the Spectrum Health system. Our goal is to get every student-athlete back on the field in the safest and quickest way possible.

Additional Spectrum Health Resources

Sports Injury Clinic: Urgent orthopedic evaluation and treatment recommendations are available on a walk-in basis Monday to Friday, 9 a.m. to 9 p.m. and Saturday 9 a.m. to 3 p.m. allowing for follow-up with designated team physicians in the same office. Call ahead at 616.267.7000 to save your spot in-line.

Sports Concussion Clinic: Early recognition, evaluation, treatment, and appropriate management of concussions can prevent serious complications. Our clinic of fellowship-trained sports medicine physicians, neuropsychologists, and athletic trainers will work directly with your school's athletic trainers on an integrated approach to recovery from athletic-related head injuries.

Healthy Roster: Contact your athletic trainers for details about how to begin interacting through a HIPPA compliant application and receive real-time notifications about your student-athlete.