

Covenant Day Coaches' Bios



Cross-Country

Head Coach - Joe Rego

Coach Rego has coached CDS Cross Country for several years. In 2005, he led both the Men's & Women's team to a runner-up finish in the 1A NCISAA ST championship. Coach Rego teaches math at CDS High School.

Assistant Coaches

Ben Dyke

Coach Dyke will be coaching cross country this year. He grew up in Michigan and attended Calvin College in Grand Rapids. He majored in Latin and mathematics there, and is now teaching seventh and eighth grade Latin at Covenant Day. He ran track while at Calvin, mostly running 800m and 1500m races. He continues to run on his own, and runs 1-2 road races a month.

Farrell O'Quinn

Participated in Cross Country, Track, and Soccer as a high school student at Independence High School in Charlotte, North Carolina. Coach O'Quinn played Division 1 soccer at Appalachian State University, and was named to the All-Conference (Southern Conference) team her junior year. Coach O'Quinn remained at Appalachian State for two more years following her playing career as an assistant coach for the Mountaineers. Coach O'Quinn also played for the Charlotte Lady Eagles, a semi-professional soccer team, during the 2001 season. Coach O'Quinn is entering her fourth year of coaching at Covenant Day School.

Men's Soccer

Varsity Head Coach - Tom Engstrom

Family: Wife Niki. Married June 10, 2000. Children: Luke (4), Lila (2) and Adeline (8 months)

Member of Christ Covenant Church

Soccer Playing:

2 Time All-State Player at Minnehaha Academy High School in Minneapolis, MN

Member for several years of the Minnesota State Select Team at the youth and adult levels

Member of the United States Midwest Region U-16 team

Member of the 1984 NCAA Division III Wheaton College National Championship Team

Captain of the 1985 Wheaton College Team

Member of the Charlotte Eagles Pro Team (1994-1998)

Soccer Coaching:

College: The King's College, New York (Seven years, 1986-1993)

NSCAA NAIA National Coach of the Year (1990)

NCCAA National Coach of the Year (1990 and 1991)

Minnesota Youth Soccer Association Coach of the Year (1994)

Coached Minneapolis Westside U-18 to the 1994 Region Championship (Final 8 in the country)

Charlotte Eagles Pro Team Assistant Coach (1995 and 1996)

Soccer Administration:

Co-Founder, President and General Manager of the Minnesota Thunder Soccer Team (1990-1994)

General Manager of the Charlotte Eagles Professional Soccer Team (1997-current)

United Soccer Leagues USL-2 Executive of the Year (2000, 2004 and 2006)

Member of the Minnesota Thunder Hall of Fame

Member of the United Soccer Leagues Hall of Fame

1984 Wheaton College Team is in the Wheaton College Hall of Honor

Other Sports:

Earned 12 varsity letters in high school (Soccer 4, Ice Hockey 4 and Track 4)

All-Conference in soccer, hockey and track

1981-82 Minnehaha Academy Senior Athlete of the Year

1983-84 College Club Hockey League MVP Runner-up

Varsity Assistant Coach - Jeff Foltz

Coach Foltz is in his 20th year of teaching and coaching school soccer, from Middle School through Varsity teams in Ohio, South Carolina, and North Carolina. During that time he has compiled a record of 243-86-18 in boys' soccer and 146-35-9 in girls' soccer.

His high school teams have qualified for state playoffs each year, reaching the quarterfinals six of those years. He has also reached the finals 5 years, winning state championships in 1995 at Columbus Academy (boy's soccer) Ohio Division II, CDS in 2005 and 2006 for 1A (girls' soccer), and 2005 for 1A (boy's soccer). In 2006 he successfully led the CDS girls in defense of their 1A title and also coached the CDS boys to their first state title in the fall of 2005 as well. He was

also selected NCSCA NC Private 1A coach of the year for both men's and women's soccer in 2005-2006, and was awarded the NCSAA National Boy's coach of the year for 2005.

Coach Foltz holds NSCAA National and USSF "D" and "B" coaching licenses and is a member of NSCAA and NCSCA. He also a game coach for the Charlotte Soccer Club U12 Monaco (boys) and assists the U16 White (girls). In addition to soccer, Coach Foltz has coached baseball for 8 seasons, Middle School and Junior Varsity level, as well as Middle School and Varsity Assistant football for four seasons.

Coach Foltz attended and played soccer at Western Carolina University from 1978-1982 (varsity program was disbanded in 1985). He was a player/manager/coach at Kent State University for the men's soccer club during graduate school from 1983 to 1987. He has also participated in numerous club teams, both men's and co-ed, and refereed at high school and USSF levels.

Coach Foltz teaches AP and Honors US History and AP Human Geography at CDS and his wife teaches music in the lower school at CDS. He serves as soccer commissioner for the MAC athletic conference, and is the Region 2 representative for the NCSCA.

Junior Varsity Head Coach - Ryan Fuderer

Family: Wife Andrea, married May 26th 2002

Children: N/A

Member of Christ Covenant Church

Soccer Playing:

4 years of varsity experience at Hilliard High School in Hilliard Ohio - Honorable mention 1997

5 years playing for Miami University Club Soccer Team - Team Treasurer in 2000

Soccer Coaching:

High School Coaching Experience - Independence High School 2002-2007

- 2 years head coach of boys junior varsity team
- 2 years head coach of boys varsity team
- 3 years head coach of girls varsity team

Teaching Experience:

- This will be my first year teaching at Covenant Day. I have taught 5 years in the public high school, all being at Independence High School.

Middle School Head Coach - Kari Cope

Kari Cope is in her fifth year of coaching middle school boy's soccer at Covenant Day School. She has coached boy's soccer on the middle school, junior varsity, and varsity levels for eleven years.

Coach Cope played soccer at Westmont College in Santa Barbara, California, and co-captained the team her senior year. She has taken several overseas trips with Missionary Athletes International using soccer as a platform for Christian ministry. The countries she has visited include Russia, England, Spain, Sweden, France, the Czech Republic, and Uruguay.

Coach Cope teaches Spanish and AP Literature in the high school at Covenant Day.

Women's Tennis

Varsity Head Coach - William Crutchfield

William J. Crutchfield is the Varsity Tennis Coach. William's title is also the Teacher/Dean of Students at CDS. He has over 25 years of tennis coaching experience. He was named Charlotte Mecklenburg's Varsity Tennis Coach of the Year in 2004. Coach Crutchfield is honored and feels extremely blessed to be apart of the CDS family and to inherit a brand new facility with a group of very talented tennis players. His goal is to establish CDS as the premiere tennis program in the city and state to the glory of God. He is a seasoned coach and his specialty is mental toughness.

Middle School Head Coach - David Johnson

After playing collegiate tennis and graduating from UNC, David spent the next 8 years as the varsity boys and girls coach at Providence Day School. He took one year off to work with Carolina Sports Outreach in Africa. He is currently a full time missionary who continues to spend his time promoting his recently published book and documenting the stories of persecuted and oppressed people. He is excited to be back on the court coaching tennis!

Volleyball

Varsity Head Coach - Heather Mills

Heather Mills is a graduate of Oklahoma Wesleyan University in Bartlesville, Oklahoma where she played volleyball for the Lady Eagles for four years. OWU is an NAIA Christian college. Prior to coming to Covenant Day School, she was a varsity volleyball coach for nine years at another area Christian High School.

Assistant Varsity Coach - Jessica Sterling

Coach Sterling moved to Charlotte this year and teaches at a public elementary school. This is her first season coaching at Covenant Day.

Junior Varsity Head Coach - Teri Wyman

This is the first year for JV Volleyball and Teri Wyman coaching. Coach Wyman also teaches in the Middle School.

Assistant JV Coach - Karen Stewart

Karen Stewart has coached several years at the Middle School level. This is her first year with the JV team.

Middle School Head Coach - Karen Ernsberger

Coach Ernsberger was born in Chicago, Illinois and raised in Miami, Florida where she attended Dade Christian School and lettered in volleyball for all four high school years amidst other sports until high school graduation, 1978. During four years of college at Bob Jones University she played volleyball in the inter-mural sports program. After graduating with a B.S. in Art Education in 1982, she played league volleyball for two years.

In addition to her volleyball coaching, she has also been a volleyball-mom as both of her daughters played volleyball under Mark Helmer at CDS, and both went on to play volleyball on East Meck and Butler school teams, with one daughter playing on a Junior Olympic volleyball team.

Coach E stresses the fundamentals and teaches young ladies to use their gifts for God's glory. She shares her passion for volleyball and continues to build a foundation at the middle school level. This is her fifth year coaching the middle school volleyball team. Coaching highlights include the 2004 Conference Middle

School Volleyball Championship. In addition to her coaching duties, she teaches lower and middle School art at CDS. She is married to Bob and they have five children with ages ranging from 7 to 22 years.