Goalie Andrew is the most valuable player on the team

Goalkeeper Andrew Coulson picked up a Most Valuable Player award as the Scotland under-14 water polo team distinguished themselves at an inter-regional tournament in Walsall featuring Irish counterparts and a string of crack English opponents.

The young Scots won three, lost two and drew one of their six matches to come out with credits.

Andrew Coulson said: "Thanks to my coach Ruaridh (Henderson) for helping me improve as goal keeper. And a big shout-out to my teammates — we are a great team and I'm proud to be part of it."

While Andrew turns out for Dundee side Menzieshill the majority of the side were from Edinburgh and Fife.

Warrender's Bram Stenhouse, age 12, said: "It was an incredible experience taking part in this tournament. I'd like to that our team managers and our brilliant coach, Ruaridh, who has taught us so much."

Bram's club-mate Charlie Grey, age 13, added: "It was a great experience for all of us. We learned so much and hope to have the opportunity to come back again next year."

Finally, Portobello's Dominic Moodie, age 13, summed up, saying: "The atmosphere in the pool was amazing when the crowd were cheering us on, especially when I had to take a couple of penalties."

