

F R E D E R I C K  
**FLYING COWS**™

## **Flying Cows Use Stifling Defense To Blow Past Virginia Valley**

Sunday, March 24th, 2024  
Winchester, VA

The battle between the Frederick Flying Cows and Virginia Valley Vipers began as expected. The two teams battled back and forth through two-and-a-half quarters with neither team able to truly pull ahead. Both teams had seemingly justified their status atop the Northeast division with road wins over the Albany Patroons, the premiere team on the East coast, and reigning Northeast division champion. Virginia Valley defeated Albany 111-109 on a game winner by Michael Brown on Thursday night, and Frederick came in the following night and nearly repeated the score with a 112-109 victory.

Something had to give. The Flying Cows and Vipers continued trading baskets until the 8:30 mark in the 3rd quarter, but then Tevin Foster drove to the basket to tie the game at 54. It was only the 2nd field goal by either team in the quarter to that point, but it seemed to open up the floodgates for the Cows. Frederick scored 9 more unanswered points to force a Vipers timeout, but the effort to stop Frederick's momentum was futile. Frederick increased the lead to 13 by the end of the 3rd quarter and never looked back. Virginia Valley managed only 32 second half points and the Flying Cows rolled to a 102-84 win.

In typical Flying Cows fashion, it was their dominant defense and control of the paint that put them over the top. Frederick forced 20 turnovers and scored 56 points in the paint, while holding the Vipers to only 30.

Charlie Marquardt led the scoring for the Cows with 19 points. Mustapha Traore had a double-double with 18 points and 10 rebounds, as well as 3 blocked shots, and Tevin Foster had 17 points. The most intriguing matchup of the game was between Tavares Sledge and the Vipers forward, Quentin Scott. Both players were named TBL All-Stars yesterday. Sledge averaged 19.8 points per game and 12.2 rebounds coming into the game while Scott was averaging 25.0 points and 10.7 rebounds per game. Scott was the higher scorer with 19 compared to Sledge's 15, but Sledge controlled the boards, pulling down 13 rebounds compared to Scott's 8. In 8 games, it was only the second time Scott had been held to under 20 points, however, the other game was the first matchup between the Flying Cows and Vipers on March 3rd, when Scott was held to 14 points.

Frederick now moves to 6-1 while Virginia Valley falls to 5-3. The Flying Cows remain in first place as they enter the All-Star Break.

See The [Full Box Score](#)