



Flying Cows Suffer Rare Loss to Revamped Seahawks 104-112

Friday May 16th, 2025
Frederick, MD

The Frederick Flying Cows, rocking a 19-1 record and in pursuit of the TBL's No. 1 seed, faced a tough challenge tonight. The retooled and playoff-ready Capital Seahawks held firm, defeating the Cows 104-112 and working to solidify their position as the second seed in the Mid-Atlantic.

This matchup carried extra weight with the Seahawks' recent addition of big guard Nasir Core, averaging 24.4 PPG on nearly 49.4% shooting during his time with the Tampa Bay Titans this season. His scrappy playstyle made an already scrappy Seahawks team even more intimidating. The Cows were missing a key ingredient: Javon Adams, the league's most efficient scorer at 72.5% FG. Without him anchoring the middle, their interior defense struggled, forcing bigs Joe Bradshaw and Corey Boyd to work harder and play more physical, but early on, things didn't go as planned.

During the first quarter was a tale of two tempos. The Cows started slow, struggling to find rhythm, while the Seahawks came out aggressive, building a 9-point lead fueled by strong defense.

Captain Tavares Sledge gave the Cows a much-needed spark. The captain hit back-to-back threes early and finished with 10 points and 3 rebounds, but the first quarter belonged to Sam Akano. The former BSL star turned Seahawk came out hot, scoring 15 points on the back of multiple contested threes. He finished the game with 22 points, 6 assists, and 4 rebounds.

The Cows pushed the pace through Ronald Scott, who scored 12 points and dished 2 assists in the first quarter, using his signature downhill floater to create offense almost solo. He racked up an impressive 25 point, 7 rebounds, 8 assists, and 5 steals.

Still, possessions often felt forced. Frederick struggled with multiple shot clock violations and near-turnovers, clear signs the offense was out of sync. Without Javon Adams rolling to the rim, spacing broke down, leading to late, contested jumpers, something that's not typical of the Flying Cows play-style.

The second quarter was a tough stretch for the Flying Cows. Sloppy execution and offensive miscommunications allowed the Seahawks to extend their lead. Every time Frederick tried to mount a run, Capital had an answer.

Charlie Marquardt, fresh off being named BSL Newcomer of the Year, came out aggressive, working off the ball, and navigating screens, racking up 10 points in the first quarter alone. He finished with 18 points and 3 assists.

The Flying Cows closed the half on a mini-run sparked by Damien Daniels and Marquardt. Daniels used his speed to pressure the Seahawks backcourt, attack the paint, and create for others. He finished with 5 points, 2 assists, and a steal, also helping fuel a 6-2 run to end the half and keep Frederick within striking distance. End of the Second Quarter: 49-57.

The third quarter opened with a much-needed spark for Frederick as Martavian Payne finally got on the board, drilling a catch-and-shoot three from the wing, a growing part of his game that's starting to pay off. After shooting 50% from deep last week, Payne followed up with two confident threes tonight, finishing with 8 points.

Joe Bradshaw, known for his physical presence in the paint, surprised the Seahawks by stepping out and drilling two threes from the top of the key, showing he's more than capable. Add a tough downhill finish through contact from Ronald Scott, and just like that, the Flying Cows had cut the deficit to four midway through the third.

Both teams came out of the locker room playing with frantic pace and urgency. Buckets were falling before defenses could even get set. Despite the chaos, the Flying Cows held their ground, heading into the fourth quarter trailing just a slight 87-80.

Midway through the fourth, the Capital Seahawks looked playoff-ready, they closed. With the game still within reach, they pushed the lead back to double digits by dominating the glass and capitalizing on second-chance opportunities. Despite showing flashes of fight, the Flying Cows couldn't match Capital's physicality when it mattered most.

Frederick battled on the boards all night, but by the final stretch, it took its toll. The Seahawks racked up 48 rebounds, 18 on the offensive end, leading to crucial putbacks and extended possessions that wore down the Cows. Markus Kennedy was key in closing the door, muscling his way to 27 points and 6 rebounds. The veteran big man calmly sank two free throws in the final 30 seconds to ice the game.

This wasn't like the Flying Cows only other loss earlier in the season, which stemmed mostly from stagnant isolation play. Tonight's defeat was a team-wide victory for the Seahawks. Capital racked up 44 bench points and dominated inside the paint, pouring in 58 points inside compared to Frederick's 44. The result was a hard-fought but back-breaking loss for the Cows, who fall to 19-2 on the year and now sit one step further from locking in that No. 1 seed.

Up next, both teams next contest will be against the Jersey Shore Breaks, the only other team to beat the Flying Cows this season.

The Flying Cows continue their road trip on Sunday, May 18th, with a highly anticipated rematch against the Chris Smith and the Breaks, a potential playoff opponent. Also, fans won't want to miss the final home game of the regular season on Friday, May 23rd, when the Cows host the

14-3 Raleigh Firebirds in what promises to be a playoff-caliber showdown. With the race for the No. 1 seed heating up, more playoff details will be released next week. Secure your spot for the home finale and stay updated on all postseason information at goflyingcows.com.

[See Flying Cows vs Seahawks Box Score Here](#)