

**PRESS RELEASE**



**FOR IMMEDIATE RELEASE**

**Flying Cows Bounce Back at the Barn with 107–87 Win Over New York**

**Sunday, March 15th, 2026**

Frederick, MD

The Frederick Flying Cows returned home to Woodsboro Bank Arena on Wednesday night looking to rebound after a tough loss to the Baltimore Rhythm. Facing the New York Phoenix without former MVP Javon Adams in the lineup, Frederick leaned on balanced scoring and strong team defense to secure a convincing 107–87 victory in front of the home crowd.

The Phoenix struck first after winning the opening tip, jumping out to an early 4–0 lead before Mustapha Traore put the Flying Cows on the board with a powerful dunk. Zach Thomas quickly found his rhythm from beyond the arc, knocking down two early three-pointers to spark the Frederick offense. Despite some early missed free throws, the Cows continued to apply pressure, highlighted by a late dunk from Mekhi Grant. With the game tightening late in the quarter, Alani Moore II buried a three-pointer to tie the game at 22 before Traore converted an and-one opportunity to give Frederick the lead. The Cows closed the opening frame ahead 27–24, with Moore leading the way with 8 points and 4 assists in the quarter.

Frederick continued to build momentum in the second. Quinten Scott opened the quarter with an and-one finish before Moore followed with a three-pointer that forced a Phoenix timeout. Thomas added another three midway through the period as the Cows steadily expanded their lead. Moore capped the half in dramatic fashion, finishing a buzzer-beating layup to send Frederick into the locker room with a 53–47 advantage. At halftime, Moore paced the Cows with 15 points and 5 assists, while Thomas and Scott each added 11 points.

The third quarter saw the Flying Cows begin to separate. After a brief stretch of missed shots early in the half, strong defense created an opportunity for Zyon Smith to score the first basket of the quarter. That play sparked a 9–0 run for Frederick, highlighted by another three from Thomas. The momentum continued to swing in the Cows' favor after two technical fouls were assessed to New York's bench, resulting in the ejection of a Phoenix player and allowing Frederick to extend its lead. A late banked three from Garrison with two minutes remaining and a buzzer-beating three from Traore pushed the Cows comfortably ahead 82–66 heading into the final quarter.

Frederick continued to control the game in the fourth. Thomas energized the crowd with a dunk midway through the quarter, while Scott added to the highlight reel with an ankle-breaking move that led to two made free throws. Moments later, Scott drilled a step-back three-pointer with just under three minutes remaining to effectively seal the game. The Flying Cows closed out the night with a dominant 107–87 victory.

Frederick's balanced offensive attack was led by Scott, who finished with 28 points and 3 assists. Traore added 21 points and 5 rebounds, while Moore orchestrated the offense with 17 points and 8 assists. Thomas contributed across the board with 16 points and 8 rebounds.

The Flying Cows' defense played a major role in the win, holding the Phoenix to just 19 percent shooting from three-point range and 41.3 percent from the field overall. Frederick also shared the ball effectively, assisting on 21 of their 37 made baskets. The absence of Adams was felt on the glass, however, as the Phoenix outrebounded the Cows 50–40.

Despite the loss, the Phoenix received a strong performance from Qadir Wilson, who recorded a double-double with 16 points and 16 rebounds while anchoring New York's presence in the paint.

With the win, the Frederick Flying Cows move to 2-1 and turn their focus to the road as they travel to face the Baltimore Rhythm on Tuesday in their first away game of the season. Frederick will look to build on the victory while seeking redemption after Friday's loss to the Rhythm.

- See The [Full Box Score](#)

#### **About The Frederick Flying Cows:**

The Frederick Flying Cows are a professional basketball organization based in Frederick, Maryland. The organization is one of the eight founding teams of the 94x50 league, starting in the 2026 season! 94x50 fashions itself as a 2nd-tier league, with quality of play only below the NBA.

The Frederick Flying Cows are a community organization that is invested in Frederick County and will put a high-level, entertaining basketball product on the floor every game! Over time, Frederick Flying Cows seek to become a part of the fabric of the community and a team that will make the people of Frederick proud! The team will be dedicated to providing fun, affordable entertainment for all Frederick citizens!

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