

PRESS RELEASE

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FLYING COWS™

FOR IMMEDIATE RELEASE

Flying Cows Fall in High-Scoring Battle, 129–115 Loss to Capital Seahawks

Zyon Smith's 37-point performance highlights back-to-back 30+ point nights, but Capital's efficiency proves too much for Frederick.

Saturday, March 21st, 2026
Frederick, MD

The Frederick Flying Cows traveled to face the Capital Seahawks on Saturday night at the A.C. Jordan Arena, but came up short in a high-scoring contest, falling 129–115. Despite a strong offensive showing and another explosive night from Zyon Smith, Capital's efficiency and balanced scoring attack proved to be the difference.

Frederick came out firing early, led once again by Smith, who continued his hot streak after a 30+ point performance the night before. He caught fire from beyond the arc, knocking down shots in rhythm and setting the tone offensively for the Flying Cows. Mustapha Traore established himself inside early, finishing around the rim and controlling the glass, while Quinten Scott facilitated the offense and created scoring opportunities for teammates. Despite Frederick's strong start, Capital matched their energy with efficient shooting to keep the game tight.

In the second quarter, the offensive pace remained high. Myles Roper added a boost from the perimeter, while Smith continued his scoring surge, showing confidence from deep and finishing through contact. Traore remained consistent inside, and the Flying Cows continued to generate quality looks. However, Capital's ball movement and ability to convert at a high rate allowed them to maintain control, as Frederick struggled to string together stops on the defensive end.

The third quarter saw Capital begin to create separation. While the Flying Cows continued to find success offensively, the Seahawks' efficiency reached another level, shooting over 60% from the field for the game. Frederick fought to keep pace behind Smith's hot shooting and Traore's interior presence, but defensive lapses and Capital's balanced scoring made it difficult to close the gap.

In the fourth quarter, Frederick showed resilience and continued to battle. Mekhi Grant contributed valuable minutes off the bench, providing energy on the glass and scoring inside, while Scott continued to lead the offense with strong playmaking. Despite multiple pushes to cut into the deficit, Capital answered each run, ultimately securing the 129–115 win in a game defined by offensive firepower.

Smith led all scorers with 37 points, shooting an impressive 9-of-13 from beyond the arc, marking his second consecutive 30+ point performance. Traore added 23 points and 10 rebounds for a double-double, while Scott contributed 15 points and 8 assists. Roper chipped in 13 points, and Grant added 12 points and 8 rebounds off the bench.

As a team, Frederick shot 47.3% from the field and 38.5% from three, but Capital's 60.2% shooting and depth proved to be the difference. The Flying Cows will look to regroup defensively and build off their offensive momentum heading into their next matchup.

- 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!

CONTACT INFORMATION:

Chris Jenkins

General Manager

Frederick Flying Cows

301-640-9064

chris.jenkins@goflyingcows.com