

PRESS RELEASE

F R E D E R I C K
FLYING COWS™

FOR IMMEDIATE RELEASE

Flying Cows Drop Third Straight, 110–82 Loss to Virginia Valley Vipers

Grant, Traore Lead Frederick in Effortful Performance, but Vipers' Balanced Attack and Free-Throw Dominance Secure Win

Sunday, March 29, 2026
Frederick, MD

The Frederick Flying Cows traveled to face the Virginia Valley Vipers on Sunday afternoon at Patrick Henry College but came up short, falling 110–82. The loss marks Frederick's third consecutive defeat, as the Vipers used a balanced offensive attack and a dominant performance at the free throw line to control the game.

Frederick got off to a steady start, with Mustapha Traore establishing an early presence inside. He was highly efficient, finishing around the rim and setting the tone offensively. Mekhi Grant also made an early impact, providing scoring and energy on both ends, while Alani Moore facilitated the offense and kept the ball moving. Despite the Flying Cows' early effort, Virginia Valley matched their intensity behind strong interior play and aggressive drives to the basket.

In the second quarter, the Flying Cows continued to compete offensively. Ronald Scott provided a spark off the bench with scoring and rebounding, while Myles Roper knocked down shots from the perimeter. However, the Vipers began to take control behind standout performances from Khi Long and RJ Blankey. Long consistently attacked the rim and lived at the free throw line, while Blankey controlled the glass and scored efficiently, helping Virginia Valley maintain momentum.

The third quarter saw the Vipers create separation. Dorian Bedford Jr provided a major boost off the bench, delivering a team-high 25 points and making an impact inside and at the line. Mike Brown contributed across the board with 20 points, strong playmaking, and disruptive defense, while the Vipers continued to pressure Frederick defensively and capitalize offensively. Despite efficient scoring from Traore and continued energy from Grant, Frederick struggled to slow Virginia Valley's rhythm.

In the fourth quarter, the Flying Cows showed resilience and continued to battle. Zach Thomas and AJ Wilson made their presence felt defensively with multiple blocks, while Moore continued to orchestrate the offense. Grant remained aggressive offensively, but the Vipers answered every push, maintaining control down the stretch to secure the 110–82 win.

Grant led the Flying Cows with 17 points and 7 rebounds, while Traore added 15 points on an efficient 7-of-8 shooting performance along with 6 rebounds. Scott chipped in 14 points and 6 rebounds off the bench, and Moore recorded 8 assists to go along with 6 points and 4 rebounds. Roper added 8 points, including two three-pointers.

As a team, Frederick shot 41.9% from the field and 28.9% from three while going 9-of-17 from the free throw line. Virginia Valley, meanwhile, capitalized at the stripe, shooting 33-of-44 from the free throw line, a key factor in the outcome. The Vipers also showcased their depth, with multiple players scoring in double figures and contributing across the stat sheet.

The Flying Cows will look to regroup and snap their three-game skid as they prepare for their next matchup against the Baltimore Rhythm on April 2, focusing on tightening up defensively and limiting opponent opportunities at the free throw line.

- 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