

**PRESS RELEASE**  
**F R E D E R I C K**  
**FLYING COWS**™

**FOR IMMEDIATE RELEASE**

## **Andre Fox's 38 Points Lift Capital Seahawks Past Flying Cows 129-123 at The Barn**

Friday, April 10th, 2026  
Frederick, MD

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The Frederick Flying Cows hosted the Capital Seahawks on Friday night at Woodsboro Bank Arena in a high-scoring offensive showcase, but fell on the wrong side of a 129-123 final after a dominant scoring night from Seahawks guard Andre Fox. Despite a blistering shooting night from the perimeter and a near triple-double from Shadell Millinghaus, the Cows could not overcome a 27-turnover night against a Capital team that took full advantage of every extra possession.

The Seahawks came out swinging behind Fox, who got loose early and never let up. He punished the Cows from all three levels, finishing the night with a game-high 38 points on 15-of-25 shooting, including a red-hot 5-of-8 from three. Fox also piled up 4 steals and played 42 minutes, consistently putting pressure on Frederick's defense each time down the floor.

The Cows answered through their own balanced attack. Alani Moore and Zyon Smith kept pace from deep, combining for 8 made three-pointers and 30 points to keep Frederick within reach. AJ Wilson gave the Cows a physical interior presence with 21 points and 9 rebounds, just missing a double-double, while Mekhi Grant chipped in 18 points, 5 rebounds, and 3 blocks, protecting the paint and finishing around the rim.

The middle of the game saw both offenses find their groove. Millinghaus orchestrated Frederick's attack with poise, getting into the lane at will, drawing contact, and knocking down every free throw he earned. He finished a perfect 10-of-10 from the stripe to go with 4-of-7 from three, leading the Cows in scoring with 24 points while also dishing out 9 assists and grabbing 8 rebounds for a near triple-double. Mustapha Traore added a quieter but vital stat line off the bench with 8 rebounds, 5 assists, and 3 steals.

Capital's depth proved to be the difference as the game wore on. Reserve guard Jaylen Alston caught fire for 18 points on 7-of-13 shooting, while AJ Cox poked the Cows for 16 points and 4 steals in a disruptive 28 minutes. Christian Lyons was efficient in limited minutes, pouring in 13 points on 6-of-8 shooting, and big man Markus Kennedy did a little of everything with 12 points, 8 rebounds, 6 assists, and a block.

Frederick's three-point shooting kept them in the game throughout, as the Cows connected on 16-of-32 from beyond the arc for a scorching 50.0% clip and shot 51.2% from the field overall.

However, Capital's 52.6% shooting from the floor and 45.0% from three, combined with 16 steals that fueled the Seahawks' transition game, gave them just enough cushion to hold off every push from the home side.

Down the stretch, the Cows leaned on Millinghaus and D'Andre Johnson, who added 10 points off the bench on 2-of-3 shooting from deep, to try and chip into the Seahawks' lead. But every Frederick run was answered by Capital's starters, and the final margin held at six as Capital walked away with the road victory.

For the Flying Cows, Millinghaus led the way with 24 points, 9 assists, and 8 rebounds in an all-around effort, while Wilson (21 points, 9 rebounds) and Grant (18 points, 3 blocks) provided consistent interior production. Moore (16 points, 6 assists) and Smith (14 points, 4 threes) spaced the floor, and Javon Adams contributed 4 points and 4 rebounds in limited action.

Capital was led by Fox's 38-point masterpiece, with Alston (18 points) and Cox (16 points) providing crucial scoring off the bench. Kennedy's near double-double plus 6 assists and Christopher Wray's 10 points and 7 rebounds rounded out a complete team performance from the Seahawks.

The Frederick Flying Cows will look to bounce back quickly as they return to Woodsboro Bank Arena on Sunday, April 13th at 3:00 PM, hosting their rivals, the Virginia Valley Vipers. The Cows hope to use the lessons learned in this high-scoring loss — particularly on the turnover and defensive ends — to flip the script and get back in the win column in front of the home crowd.

- 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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