

PRESS RELEASE



FOR IMMEDIATE RELEASE

Flying Cows Come Up Short Against Capital After Saturday Win

Sunday, May 3rd, 2026
Frederick, MD

The Frederick Flying Cows hit the road on Sunday afternoon for the second game of a back-to-back, falling to the Capital Seahawks, 132–114, at A.C. Jordan Arena. The matchup came less than 24 hours after Frederick secured a hard-fought win over the Reading Rebels on Saturday night.

Frederick opened the game with solid energy, matching Capital early in a competitive first quarter. The Seahawks narrowly edged ahead 21–22 after one, but the Flying Cows remained within striking distance behind early contributions from Mekhi Grant and Quentin Scott.

The second quarter saw Capital begin to find its rhythm offensively, putting up 35 points in the frame. Frederick continued to battle, with Shadell Millinghaus and D'Andre Johnson helping keep the offense moving, but the Seahawks carried a 56–37 lead into halftime.

Coming out of the break, the Flying Cows showed resilience. Mekhi Grant led the charge with aggressive scoring, while Quentin Scott provided a steady presence offensively. Zyon Smith added a spark off the bench, knocking down shots from beyond the arc to help Frederick put together a stronger third quarter. Despite the push, Capital continued to answer, extending its lead behind a balanced scoring attack.

In the fourth quarter, Frederick continued to compete and generate offense, with Mustapha Traore and Ronald Scott contributing key minutes. However, the Seahawks maintained control down the stretch, sealing the 132–114 victory.

Mekhi Grant led the Flying Cows with 19 points, 9 rebounds, and 4 assists in a strong all-around performance. Quentin Scott added 20 points, while Shadell Millinghaus finished with 13 points and 3 assists. Mustapha Traore provided a boost off the bench with 12 points, and Ronald Scott added 11. Zyon Smith chipped in 9 points, continuing his recent stretch of strong play.

For Capital, Rodrigues Palmer led all scorers with 25 points, shooting efficiently from the field and beyond the arc. Cameron Smith added 22 points, including six three-pointers, while Markus Kennedy contributed 19 points and controlled the glass. AJ Cox (12 points) and Cameron Gaines (12 points) rounded out a balanced effort for the Seahawks, who saw multiple players contribute on both ends of the floor.

As a team, Capital shot an efficient 50% from the field and placed several players in double figures, proving difficult to contain throughout the afternoon.

Despite the loss, Frederick showed flashes offensively and continues to build momentum following Saturday's win. The Flying Cows will look to regroup and tighten up defensively as they prepare for their next matchup.

The Flying Cows will return home to Woodsboro Bank Arena soon as they continue their push through the season.

- 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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