PRESS RELEASE

FREDERICK FLYING COWS™

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Flying Cows Comeback Falls Short in 116-97 Loss to Capital Seahawks

Saturday, May 30th, 2026
Frederick, MD

The Capital Seahawks put together a strong all-around performance Saturday night and defeated the Frederick Flying Cows 116-97 Saturday night.

After the opening quarter ended in a tie 23–23, the Seahawks pulled away in the second period, outscoring Frederick 36–20 to take a 59–43 halftime advantage. Capital continued to build its lead in the third quarter, going into the 4th up 88-70. Frederick started the 4th going on a 10-0 run, but the Seahawks put the comeback attempt down, out scoring them in the 4th and closing out the game.

The Seahawks were led by 3 players scoring over 20 points. AJ Cox led Capital with 30 points and 9 rebounds. He was helped by Andre Fox who added 25 points on an efficient 9-12 shooting performance. Markus Kennedy contributed 20 points and a game-high 16 rebounds for a double-double, and Myles Whitfield provided a spark off the bench with 8 points on a perfect 3-for-3 shooting night.

Capital's dominance on the glass proved to be a major difference. The Seahawks outrebounded Frederick 59–47, and continued to be physical with 48 points in the paint compared to Frederick's 30.

The Seahawks shot 51.6% (47-91) from the field and connected on 36.0% (9-25) from beyond the arc. Frederick struggled to find consistent offense, shooting 38.7% (36-for-93) overall despite knocking down 40% of their 3s. Similarly, they struggled from the line missing 10 of their 22 free throw attempts.

For the Flying Cows, Ronald Scott led the way with 19 points, while Shadell Millinghaus added 15 points and Quentin Scott chipped in 11 points and 8 rebounds. The bright spot for Frederick came from their 53 total bench points.

The Seahawks looked composed, as they didn't panic after a slow first quarter and didn't look back after the second quarter. The Flying Cows seemed to struggle to find a consistent source of offense in the half court, but showed promise in the 4th quarter where they were able to speed the Seahawks up and cut the lead to 10.

With the victory, the Seahawks showcased their scoring potential, efficiency, and physicality, using a decisive second-quarter surge to secure the 18-point win over the Flying Cows.

- 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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