

Proving Grounds: Season 1 Reunion Special

Promotion: United Toughness Alliance
Date: June 2, 2026
Location: Proving Grounds House — Las Vegas, NV

Preview

The eight season 1 participants come back together in this special reunion.

Results

Season 1 Reunion

Segment

PROVING GROUNDS: THE REUNION

Special Episode: "After the House"

OPENING MONTAGE

Black screen.

Then the season comes back in fragments.

Darren Valiant stepping out of the first SUV.

Jace Van Ardent laughing in the driveway.

Roxie Raze's first smirk.

Boone Mercer glaring across the kitchen.

Lena Lux trying not to look nervous.

Silas Vale walking into the house like he already hated it.

Malik Steele sitting in silence.

Tatum Quinn saying, "Respect."

The house argument. The partner week win. The camera week breakthroughs. The live crowd. Lena's elimination. Roxie's near-miss. Boone and Darren standing as the final two. Darren being handed the contract.

MELISSA CARTWRIGHT (V.O.): "Eight recruits walked into one house chasing one WrestleUTA contract."

SCOTT STEVENS (V.O.): "By the end of it, only one man walked out with the deal."

We cut to the reunion stage.

A polished WrestleUTA set. LED wall reading PROVING GROUNDS: THE REUNION. Two long curved couches face center stage. Melissa Cartwright sits in a central host chair. The full cast is present, arranged by finish.

On Melissa's left: Darren Valiant, Boone Mercer, Roxie Raze, Jace Van Ardent.

On her right: Tatum Quinn, Lena Lux, Malik Steele, Silas Vale.

The crowd cheers as the camera sweeps the full lineup.

MELISSA CARTWRIGHT: "Welcome to Proving Grounds: The Reunion. For ten weeks, you watched these recruits live

together, fight together, fall apart together, grow together, and in some cases, drive each other completely insane. Tonight, they're all back on one stage, and for the first time since the finale, they're together again with nothing left to win and nothing left to hide behind."

The crowd reacts.

MELISSA CARTWRIGHT: "We'll revisit the house, the blow-ups, the almos, the heartbreaks, and the win. We're also going to hear from Scott Stevens later tonight. And yes, we will talk about whether the right person won."

The crowd pops at that.

MELISSA CARTWRIGHT: "Let's start there."

SEGMENT ONE – THE WINNER AND THE RUNNER-UP

A short clip package plays of the finale. Darren winning. Boone falling just short. The contract being awarded. The handshake. The final confessional lines.

Back live.

MELISSA CARTWRIGHT: "Darren, you won Proving Grounds. Boone, you made it all the way to the end and lost in the final. First question's simple. Now that time has passed and the whole season has aired... was the ending right?"

Melissa turns to Boone first. The crowd anticipates it.

BOONE MERCER: "You startin' with me is nasty work."

The crowd laughs.

MELISSA CARTWRIGHT: "And yet here we are."

Boone nods once and gets serious.

BOONE MERCER: "Yeah. It was right."

The crowd reacts. Not shocked, but it matters hearing it from him.

MELISSA CARTWRIGHT: "That doesn't sound fun to say."

BOONE MERCER: "It ain't. But it's true. I think I had the clearest growth story. I think I earned being in that final. I think I made it real. But Darren had the stronger total season."

Darren turns and looks at him, taking that in.

BOONE MERCER: "And I'm not gonna sit here and lie just because losin' still pisses me off."

The audience applauds that.

MELISSA CARTWRIGHT: "Darren, same question from the other side. Watching the full season back, do you still believe you were the right winner?"

DARREN VALIANT: "Yes."

MELISSA CARTWRIGHT: "Fast answer."

DARREN VALIANT: "Because I know what I did. And because watching it back actually made me more sure, not less."

MELISSA CARTWRIGHT: "Why?"

DARREN VALIANT: "Because I didn't just have a strong start and hang on. That's the easy version people tell themselves when somebody who looks polished wins something. I got challenged in every lane that should've hurt me most, and I still came out the other side."

The crowd responds.

MELISSA CARTWRIGHT: "What did you learn watching Boone back?"

Darren glances at Boone.

DARREN VALIANT: "That he became a much more dangerous problem than I gave him credit for early. I knew he was real. I didn't fully appreciate how much range he was going to build."

BOONE MERCER: "That's the nicest thing you've ever said to me in public."

DARREN VALIANT: "I'm trying something new."

The crowd laughs.

MELISSA CARTWRIGHT: "Darren, there's one more layer to your win now. Since the finale, it's been confirmed that your WrestleUTA debut will happen at International Affair on June 6, 2026 in London at The O2, where you'll enter the All or Nothing Rumble."

The crowd pops hard.

MELISSA CARTWRIGHT: "How does it feel hearing that said out loud?"

Darren smiles, and this one is not the old managed version. This one lands more openly.

DARREN VALIANT: "It feels like the contract stopped being symbolic."

That gets another reaction.

DARREN VALIANT: "Winning the show meant everything. But hearing the actual debut — International Affair, June 6th, London, the O2, the All or Nothing Rumble — that makes it real in a different way. That means I'm not just the winner of a process. I'm next in line to prove I belong in UTA for real."

MELISSA CARTWRIGHT: "Boone, hearing that... what does it do to you?"

Boone leans back, honest about it.

BOONE MERCER: "It burns."

The crowd reacts, appreciative of the honesty.

BOONE MERCER: "That ain't me bein' bitter at him. It's me bein' honest about what it feels like hearing the exact thing you wanted tied to the guy who beat you for it."

MELISSA CARTWRIGHT: "Do you still want in?"

BOONE MERCER: "More now than before."

The crowd pops at that.

SEGMENT TWO – THE FINAL THREE WHO DIDN'T MAKE IT

A package plays of Roxie, Jace, and Tatum's near-misses. Roxie's season-long rise. Jace's "easy to like" critique and late sharpening. Tatum's delayed breakthrough and strong live showing.

MELISSA CARTWRIGHT: "Roxie, Jace, Tatum. All three of you got close enough to reasonably imagine your own finale. So let's do the uncomfortable version. Which one of you feels most robbed?"

The crowd reacts immediately.

JACE VAN ARDENT: "Oh, that's evil."

MELISSA CARTWRIGHT: "Thank you."

Roxie lifts her microphone first.

ROXIE RAZE: "I don't feel robbed."

A pause.

ROXIE RAZE: "I feel annoyed."

The audience laughs.

ROXIE RAZE: "There's a difference. Robbed sounds like I think something was stolen. I don't. I think I had a final-two case. I think it was a strong one. I also think the final they picked made sense. Those two things can both be true."

MELISSA CARTWRIGHT: "Do you think you should have made the final two over Boone?"

Roxie does not flinch.

ROXIE RAZE: "You said over Boone. Not over Darren."

The crowd gives a loud "ooh." Boone turns and looks at her. Not offended. Interested.

ROXIE RAZE: "Yes. I think I had a real argument over Boone."

That lands exactly as it should.

MELISSA CARTWRIGHT: "Boone?"

Boone shrugs once.

BOONE MERCER: "That's fair. She did have an argument. Don't mean I agree with the conclusion."

ROXIE RAZE: "I didn't ask you to."

That gets a laugh and some applause.

MELISSA CARTWRIGHT: "Jace, how do you feel watching your own season?"

JACE VAN ARDENT: "Frustrated, mostly."

MELISSA CARTWRIGHT: "Because?"

JACE VAN ARDENT: "Because the criticism was right. That's the annoying part. It wasn't wrong. Watching it back, I can literally see the weeks where I was still trying to glide on stuff that came natural to me while other people were evolving in louder ways."

MELISSA CARTWRIGHT: "Do you think you peaked too late?"

JACE VAN ARDENT: "Yeah."

No smile. Just truth.

MELISSA CARTWRIGHT: "Tatum, same question."

TATUM QUINN: "Yes."

The audience reacts. Very Tatum answer.

MELISSA CARTWRIGHT: "That sounded easier for you to admit than I expected."

TATUM QUINN: "Because watching it back made it obvious."

MELISSA CARTWRIGHT: "What was obvious?"

TATUM QUINN: "That I kept waiting to be fully ready to be seen. The show didn't care about fully ready. It cared about whether I could be felt in time."

That line lands with weight.

SEGMENT THREE – ROXIE AND LENA

A package plays focused entirely on Roxie and Lena. Their awkward roommate start. Roxie needling her. Lena surviving it. Partner week. Story week. The live match. Lena's elimination. Roxie's quiet reaction after.

The crowd is fully invested before Melissa even speaks.

MELISSA CARTWRIGHT: "This became the emotional spine of the season without either of you asking for it. So let's start simple. Roxie, when did you stop seeing Lena as weak?"

Roxie looks at Lena. Actually looks at her, not at the screen.

ROXIE RAZE: "Promo week."

MELISSA CARTWRIGHT: "That early?"

ROXIE RAZE: "Yeah. Because that was the first week she hit back instead of absorbing the room. Once I saw that, I knew she wasn't soft. She was just late."

Lena visibly takes that in.

MELISSA CARTWRIGHT: "Lena, when did you stop being afraid of Roxie?"

LENA LUX: "I don't know if I ever stopped being afraid of her."

The audience laughs. Roxie tries not to smile.

LENA LUX: "No, seriously. It just changed shape. At first I was afraid because she intimidated me. Later I was afraid because I knew if I gave her anything weak, she'd see it instantly. Then later than that... I think I started needing her to respect me."

That gets a real emotional murmur from the crowd.

MELISSA CARTWRIGHT: "Roxie, did you know that?"

ROXIE RAZE: "Not fully."

MELISSA CARTWRIGHT: "Lena, did you know Roxie respected you before you left?"

Lena glances sideways at Roxie.

LENA LUX: "I thought she did. But I didn't know how much."

MELISSA CARTWRIGHT: "Let's change that."

Melissa cues a clip on the big screen — Roxie in confessionals saying, "She stopped asking if she belonged. Once she stopped doing that, people had to deal with her." Then another: "She was supposed to still be here to annoy me."

Lena's face changes immediately. The room feels it.

LENA LUX: "Okay, that one hurts."

ROXIE RAZE: "Yeah, well. Welcome to my nightmare."

MELISSA CARTWRIGHT: "Roxie, say it to her now."

Roxie exhales once, annoyed that she has been cornered into sincerity in public.

ROXIE RAZE: "You got better faster than I expected. You got sharper than I expected. And by the time you left, I wasn't dragging you anymore. I was trying to keep up with what you were becoming."

Lena tears up instantly. The crowd reacts loudly.

LENA LUX: "That is maybe the nicest thing anyone in this building has ever said to me, and I hate that it's you because now I have to keep it forever."

Roxie laughs, finally letting herself.

SEGMENT FOUR – EARLY ELIMINATIONS REVISITED

A package plays on Silas and Malik. Silas' coldness, his self-protective distance, the stall in physical week. Malik's steady presence, his unrealized definition, Athena's "concept" critique.

MELISSA CARTWRIGHT: "Silas, what was hardest to watch back?"

SILAS VALE: "Me."

The crowd laughs, surprised by the self-awareness.

MELISSA CARTWRIGHT: "Specific."

SILAS VALE: "How closed I looked. I knew I was closed when I was in it. I didn't realize how... exhausting it was to watch."

MELISSA CARTWRIGHT: "Do you agree with why you were cut?"

SILAS VALE: "Yes."

No hesitation.

SILAS VALE: "I still think some people confuse likability with depth. I still think that. But I also think I used seriousness like a wall. That part's on me."

Melissa turns to Malik.

MELISSA CARTWRIGHT: "And for you?"

MALIK STEELE: "Athena got me."

MELISSA CARTWRIGHT: "The 'concept' line?"

MALIK STEELE: "Yeah."

MELISSA CARTWRIGHT: "Watching it back, did you see what she meant?"

MALIK STEELE: "More than I wanted to."

The crowd reacts to that honesty.

MALIK STEELE: "I was so focused on looking like I belonged that I never gave people enough to attach that presence to. I wasn't empty. But I was guarded in a way that made empty an easy read."

MELISSA CARTWRIGHT: "Do you think you should have gone further?"

MALIK STEELE: "No. I think I should have arrived sooner."

SEGMENT FIVE – HOUSE PRESSURE AND THE KITCHEN FIGHT

The screen shows the Episode 7 kitchen blow-up between Boone and Roxie. The whole crowd reacts because it still hits. The exchange about armor. The line about honesty with blades in it. The follow-up in the kitchen later where both of them, in their own way, admit the other wasn't entirely wrong.

MELISSA CARTWRIGHT: "Boone. Roxie. Watching it back — what do you regret saying, and what do you still stand by?"

BOONE MERCER: "I regret the delivery."

ROXIE RAZE: "Correct."

BOONE MERCER: "I stand by the point."

Roxie nods once.

ROXIE RAZE: "Yeah. Same."

MELISSA CARTWRIGHT: "Same?"

ROXIE RAZE: "I regret how sharp I was all the time when I didn't need to be. I do not regret recognizing that he uses bluntness the same way I use precision. We were both protecting ourselves and acting like our style was somehow more honest than the other's."

The audience likes that answer.

BOONE MERCER: "That's annoyingly accurate."

ROXIE RAZE: "I know."

MELISSA CARTWRIGHT: "Do you like each other now?"

The crowd laughs immediately.

BOONE MERCER: "No."

ROXIE RAZE: "Absolutely not."

The beat lingers.

BOONE MERCER: "I respect her."

ROXIE RAZE: "Same."

The applause is loud because that answer fits them perfectly.

SEGMENT SIX – "DO YOU STILL FEEL THAT WAY?"

Melissa introduces a rapid-fire reunion game. Clips are played from early confessionals, and each recruit is asked if they still feel that way now.

Clip: Darren Episode 1: "I expect to leave with a contract."

MELISSA CARTWRIGHT: "Do you still like that line?"

DARREN VALIANT: "Yes. I just understand it better now."

Clip: Boone Episode 1: "I'm not really a 'talk about my feelings' kind of guy."

MELISSA CARTWRIGHT: "Still true?"

BOONE MERCER: "Unfortunately, yes."

Big laugh.

Clip: Jace Episode 1: "Pressure's kind of the point, right?"

MELISSA CARTWRIGHT: "Still feel that way?"

JACE VAN ARDENT: "Yeah. I just don't think I respected how many kinds of pressure there were."

Clip: Tatum Episode 2: "Respect."

MELISSA CARTWRIGHT: "Still enough?"

TATUM QUINN: "No."

A strong crowd reaction for that simple answer.

Clip: Roxie Episode 1: "At least they cast attractive people."

MELISSA CARTWRIGHT: "Still stand by it?"

ROXIE RAZE: "Obviously."

The crowd laughs and cheers.

Clip: Lena Episode 1 talking about wanting to belong.

MELISSA CARTWRIGHT: "Still trying to belong?"

LENA LUX: "No. Now I'm trying to return."

The crowd pops hard for that one.

Clip: Malik talking about becoming dangerous.

MELISSA CARTWRIGHT: "Still believe that?"

MALIK STEELE: "More than before. Now I just know dangerous has to actually mean something."

Clip: Silas talking about discipline over popularity.

MELISSA CARTWRIGHT: "Still?"

SILAS VALE: "Discipline, yes. The false choice, no."

That's a very strong line and the crowd respects it.

SEGMENT SEVEN – SCOTT STEVENS RETURNS

The stage lighting changes slightly. Melissa stands as Scott Stevens walks out to a strong reaction. The cast all sit up a little straighter. Old habits die hard.

MELISSA CARTWRIGHT: "Scott, welcome."

SCOTT STEVENS: "Good to be here."

MELISSA CARTWRIGHT: "Let's start with the simplest hard question. Was Darren always going to win if he didn't collapse? Or did Boone and Roxie force a real decision?"

The crowd reacts immediately. Great question. Everyone on stage leans in a little.

SCOTT STEVENS: "Boone and Roxie absolutely forced a real decision."

The audience pops.

SCOTT STEVENS: "Darren was the early standard. That's true. But early standards get exposed all the time in these formats. Boone became a very real finalist because his growth was legitimate, and Roxie became a very real finalist because her total package got stronger every week instead of flatter. Darren won because he survived being challenged and remained the most complete candidate at the end. Not because it was prewritten."

MELISSA CARTWRIGHT: "Who changed most?"

SCOTT STEVENS: "Boone."

Boone nods once, almost annoyed at being perceived.

SCOTT STEVENS: “No question. Boone changed the most without losing the core thing that made him valuable to begin with.”

MELISSA CARTWRIGHT: “Who was hardest to cut?”

Scott looks down the line and doesn't rush it.

SCOTT STEVENS: “Roxie.”

The room reacts. Roxie doesn't move much, but you can see it hit.

SCOTT STEVENS: “Because she had a finalist case. Real question was not whether she was strong enough. It was whether her season-ending argument was stronger than Boone's transformation or Darren's completeness. That's a brutal cut.”

MELISSA CARTWRIGHT: “Which recruit do you think figured themselves out most painfully?”

SCOTT STEVENS: “Tatum.”

Tatum looks at him, surprised but listening.

SCOTT STEVENS: “Because what she needed was the thing she was least naturally inclined to give. And she got there. Just late.”

MELISSA CARTWRIGHT: “And the question everyone here wants answered — are any doors still open for people who didn't win?”

The audience pops big for that.

SCOTT STEVENS: “Yes.”

Louder reaction.

SCOTT STEVENS: “Not all at once. Not automatically. Not because this was a nice television show and everybody tried hard. But yes, some doors are still open.”

He looks down the line, choosing words carefully.

SCOTT STEVENS: “Lena proved she can connect. Boone already proved he can stand in a final. Roxie made herself very hard to ignore. Jace figured out the right problem, which matters. Tatum became visible. Malik knows what he lacked now. Even Silas learned something he wouldn't have learned if he'd stayed comfortable.”

SCOTT STEVENS: “This show was about one contract. It was not about one future.”

The audience loves that.

SEGMENT EIGHT – FINAL WORDS

MELISSA CARTWRIGHT: “One final question for everybody. You get one sentence. What did this show change in you?”

SILAS VALE: “It made me understand that distance is not the same thing as depth.”

MALIK STEELE: “It made me stop thinking presence speaks for itself.”

LENA LUX: “It made me stop apologizing for wanting more.”

TATUM QUINN: “It made me understand that being respected is not enough if you're never felt.”

JACE VAN ARDENT: “It made me sharpen the parts of myself I used to think could stay smooth forever.”

ROXIE RAZE: “It made me better at telling the truth without pretending the blade was the whole point.”

BOONE MERCER: "It made me realize growth ain't surrender."

DARREN VALIANT: "It made winning mean more than being right about myself."

The audience applauds all the way through the last one.

CLOSING

MELISSA CARTWRIGHT: "Some of them didn't win the contract. None of them left the season the same person who walked into that house."

SCOTT STEVENS: "That was the point."

Melissa turns toward Darren one last time.

MELISSA CARTWRIGHT: "And one more reminder before we go — Darren Valiant, the winner of Proving Grounds, will make his WrestleUTA debut at International Affair on June 6, 2026 in London at The O2 as part of the All or Nothing Rumble."

The crowd gives one final big reaction.

MELISSA CARTWRIGHT: "For Scott Stevens, for Darren Valiant, for Boone Mercer, Roxie Raze, Jace Van Ardent, Tatum Quinn, Lena Lux, Malik Steele, and Silas Vale — this has been Proving Grounds: The Reunion. Goodnight, everybody."

The cast stands. Some hug. Some shake hands. Boone and Darren exchange one last nod. Roxie and Lena share a brief, real embrace that Roxie clearly intends to deny later. Jace claps Boone on the shoulder. Tatum and Melissa share a quiet word off-mic. Scott remains center stage just long enough to watch the whole thing with the look of a man who knows the process did exactly what it was supposed to do.

ON SCREEN: DARREN VALIANT DEBUTS AT INTERNATIONAL AFFAIR – JUNE 6, 2026 – THE O2, LONDON – ALL OR NOTHING RUMBLE

ON SCREEN: END OF SPECIAL

Show Credits

Results Compiled by the eFed Management Suite