

SelectionProof

The Young Athlete Reset



A 6-week confidence, resilience and leadership program for young athletes

SelectionProof helps young athletes build confidence, resilience and identity beyond selection, performance and results.

This program gives athletes aged 12-18 practical tools to respond, reset and grow through the moments sport tests them most.

Founding Beta Cohort

\$199

per athlete

Includes course access, athlete workbook, parent playbook and 2 live Zoom sessions with Baxter.

The Problem Young athletes are often coached technically and physically, but rarely taught how to handle: pressure, confidence loss, rejection, comparison, poor performance, non-selection and identity beyond results.	The Solution A guided 6-week program combining elite sport experience, psychology-informed reflection and practical athlete tools - supported by a parent playbook to help families navigate sport more constructively.	Who It Is For Designed for school, club and pathway athletes aged 12-18, plus parents, coaches, schools and clubs seeking stronger athlete wellbeing, confidence and leadership support.
---	---	--

The 6-Week Structure

Week	Module	Outcome
1	Identity Beyond Sport	Understanding that worth is bigger than selection, statistics or latest results.
2	Confidence After Failure	Rebuilding confidence after poor performance, criticism or disappointment.
3	Performing Under Pressure	Using simple reset tools, routines and focus cues when sport feels intense.
4	Selection, Comparison and Rejection	Responding constructively to being picked, dropped, overlooked or compared.
5	Leadership and Being a Great Teammate	Leading through behaviour, energy, communication and support for others.
6	The 90-Day Athlete Reset Plan	Creating a practical development plan for confidence, habits and growth.

Program Includes

- 6 weekly online modules
- SelectionProof Young Athlete Reset Workbook
- SelectionProof Parent Playbook
- 2 live Zoom sessions with Baxter
- Weekly reflection exercises
- Confidence, pressure and leadership tools
- Certificate of completion

About Baxter Holt

Founded by Baxter Holt, former professional cricketer with Cricket NSW, Sydney Thunder and Western Australia. SelectionProof brings together lived experience from elite sport, coaching, leadership development and psychology-informed athlete mentoring.

The Promise

Athletes finish with practical tools to handle pressure, respond to setbacks, rebuild confidence and understand that their identity is bigger than selection or results.

Register interest for the first SelectionProof cohort

Note: SelectionProof is sport-based education and mentoring. It is not clinical therapy, counselling, or a guarantee of selection or performance outcomes.