

# POLE 2 POLE

**POLE GUY**

**XPOSE THE POLE!**

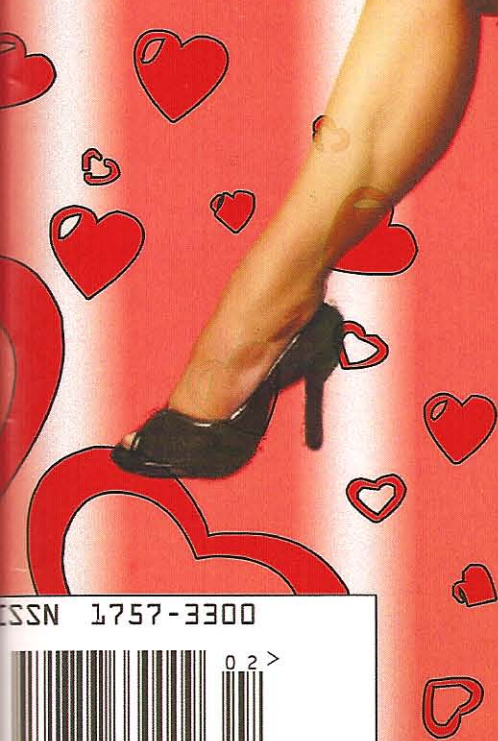
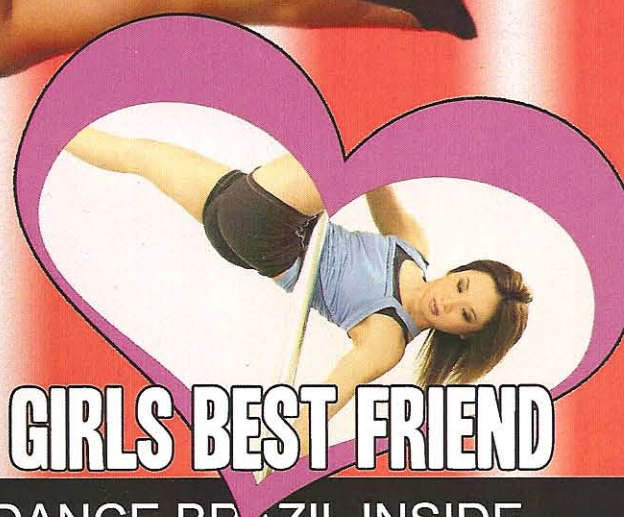
**SCHOOL REVIEW**

**POLE 2 POLE  
DANCE TROOP**

**THE IMPORTANCE  
OF STRETCHING**

**20 SIGNS YOUR  
ADDICTED TO POLE!**

**POLE STAR  
LUCY MISCH**



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**A POLE IS A GIRLS BEST FRIEND**

**EXCLUSIVE POLE DANCE BRAZIL INSIDE...**





## US Pole Dance Federation

US Pole Dance Federation (USPDF) was founded in the beginning of 2008 as the interest of pole dancing grew significantly in the US.

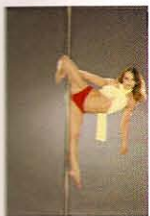
Today's pole dancing is a sensual athletic art form, where creativity meets physical strength. This modern form of pole dancing started internationally in the 90's. In the beginning of 2000, an inspired US introduced pole dancing in dance studios and fitness facilities.

As a federation, our vision is to create a network for pole dancers and studio owners in the US. This network will provide a structured standard in the industry and serve as a source to exchange ideas, and to give feedback among pole dance instructors. As a result, USPDF and their members will further develop a safe and efficient environment for women to take class in.

USPDF will also be hosting competitions along with workshops and panel discussions, including topics such as safety, teaching techniques, fitness and dance, and style. We understand that pole dancing is a highly physically demanding exercise, which is why we wish to bring awareness of how to benefit from this activity.

## The Founders of USPDF

Wendy Traskos and Anna Grundstrom met in 2007 and decided to start their collaboration in 2008, which gave birth to USPDF. Wendy's background in fitness and Anna's in dance became their meeting point as they both value the physical and creative skill of pole dancing.



Wendy has been involved in the fitness industry for more than fifteen years. She opened up New York Pole Dancing studio in 2005 and branched out to an additional location in White Plains. Wendy is also in charge of the pole program at Gold's Gym.



Anna is a former dancer who came to New York in 1997. She attended the program at the Alvin Ailey American Dance School, yet trained various forms of dance styles at additional dance institutions. Anna quickly became a pole dancer addict when Wendy introduced her to New York Pole Dancing.