



**Phoenix** was established in 2007 in partnership with the City of Utica Fire Department.

Conducted annually during the third full week of July at the Utica Fire Academy, it was the first such program in the Northeast and remains one of only four nationwide.



### Camper Comments

*I learned that I am capable of doing tasks that I didn't think I had the strength to do.*

*Camp has impacted my life greatly...now I know that I'm not the only one out there...I have people to back me up and help me to achieve my dreams.*

*I had a blast...the food was outstanding.*

*I learned teamwork, communicating, and way more.*

*The staff is amazing. They created an environment that is perfect for developing new skills.*

*The most memorable encouragement for life I was taught at Phoenix was to 'Work Smarter, Not Harder'.*

*I went to camp thinking I might make a friend or two; instead, I left with a family.*

*Camp made me feel confident in myself and boosted my self esteem.*

*The experience is awesome... be strong, have respect and learn well.*

*I'll be telling my grandkids about this camp.*



The application package is available at:

[www.fswnys.org](http://www.fswnys.org)

Mail to: Phoenix Firecamp  
P.O. Box 1196  
Yonkers, NY 10702



## Phoenix Firecamp



A unique program for teenage girls to explore options for women in fire and emergency services.

[www.fswnys.org](http://www.fswnys.org)



**Phoenix Firecamp** was created by Fire Service Women of New York State, Inc (FSWNYS), a non-profit, statewide association of women who are members of career and volunteer fire departments.

A primary mission of the organization is encouraging young women to become involved in fire and emergency services, either as a career, or as a community volunteer.



front cover

The curriculum is designed to help campers develop confidence, enhance leadership skills and broaden their problem solving abilities.

The Phoenix staff works to foster friendly competition, nurture community spirit and promote inclusiveness in a positive and safe environment.



**Phoenix Firecamp is free**, except for a non-refundable application fee. Applicants do not need any prior experience with the fire service.



### Campers

**Phoenix Firecamp is free**, except for a non-refundable application fee. Applicants do not need any prior experience with the fire service.

The majority of the attendees live in New York State, but residents of other states may attend. 24 campers are selected annually for this once in a lifetime opportunity.

### To qualify, candidates must:

- + Be in good physical condition
- + Be covered by medical insurance
- + Be 14 to 19 years of age
- + Have a positive attitude
- + Complete the application
- + Write a 500 word essay
- + Agree to follow all rules and regulations
- + Participate in all activities and classes
- + Include the non-refundable fee with the application



### Staff

The instructors and team leaders are all experienced female members of career and volunteer fire departments in New York State

and elsewhere, who donate their time and pay their own travel and lodging expenses.

These dedicated female firefighters want to instill the concept that women have the opportunity to pursue active roles in public service and to give campers a chance to explore those possibilities. The ratio of staff to campers is one-to-one.

Should a camper decide this is an area of interest, the staff provides direction, guidance and the basic tools to succeed. Many Phoenix graduates stay in touch with their instructors and team leaders via email. The Utica Fire Department supports the camp with apparatus, equipment, lodging, training sites, EMS coverage, personnel and logistics.

The Westmoreland Volunteer Fire Department partners with FSWNYS in seeking financial contributions for Phoenix, along with goods and services. Westmoreland also hosts two social events for the campers at their firehouse.



### Firehouse Living

Phoenix Firecamp offers an authentic experience in the life of a firefighter because campers are housed at the Utica Fire Academy, a former firehouse.

They share a large bunk room and are responsible for making their beds, keeping belongings in order and doing housekeeping chores, such as sweeping and dishes.

Meals are a highlight; the food is ample, varied, nutritious and prepared by a professional chef who is hired for the week.

The day begins at 6 a.m. and lights-out comes at 10:30 p.m. Personal time for relaxation is built into the program.

In the course of the week, many new friendships blossom. Campers say that getting to know girls from different backgrounds is one of Phoenix's greatest experiences.

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### Curriculum

The classroom and hands-on curriculum, an abbreviated version of a recruit class, introduces campers to basic aspects of fire and emergency services. Exercises include:

- + Donning gear
- + Use of SCBA (Self Contained Breathing Apparatus)
- + Search and rescue skills
- + Basics of engine/ladder company operations
- + Aerial ladder climb
- + Auto extrication and disentanglement
- + Water rescue
- + Roof ventilation
- + Portable ladders
- + Forcible entry
- + Tools, ropes and knots
- + Snorkel operations
- + Nozzles/fittings/hydrants
- + Standpipes/hose roll/fold
- + Thermal imaging cameras
- + Medical scenarios
- + Ambulance familiarization
- + Fire behavior/fire safety
- + Introduction to hazardous materials
- + Disaster preparedness
- + Fitness and nutrition information
- + PT classes
- + CPR training and certification

**Phoenix Firecamp is a weeklong overnight camp for girls ages 14-19.**

**To speak with the Phoenix Firecamp Director, call 845-309-1325**

