



# Fire Service Women of New York State

A non-profit incorporated association of women who are members of career or volunteer fire departments.

THROUGH A PARTNERSHIP WITH THE UTICA FIRE DEPARTMENT

## PHOENIX FIRECAMP

WILL TAKE PLACE FOR THE FOURTH YEAR AT  
UTICA FIRE DEPARTMENT TRAINING ACADEMY

July 18 through July 23, 2010

PHOENIX OFFERS	TO QUALIFY YOU MUST
<ul style="list-style-type: none"><li>• Team building exercises</li><li>• Use of SCBA (Self Contained Breathing Apparatus)</li><li>• Search and rescue skills</li><li>• Basics of engine/ladder co. operations</li><li>• CPR training &amp; certification</li><li>• Fitness &amp; nutrition information</li><li>• Aerial ladder climb</li><li>• Auto extrication and disentanglement</li><li>• Water rescue</li></ul>	<ul style="list-style-type: none"><li>• Be in good physical condition</li><li>• Be covered by medical insurance</li><li>• Be 14 to 19 years of age</li><li>• Have completed the 8<sup>th</sup> grade</li><li>• Have a positive attitude</li><li>• Complete an application and</li><li>• Write a 500 word essay</li><li>• Agree to follow all rules &amp; regulations</li><li>• Participate in all activities &amp; classes</li><li>• \$75.00 application fee (Non-Refundable)</li></ul>

Phoenix Firecamp is free, except for the application fee.  
Housing is at the Utica Fire Academy, a former firehouse.

The Team Leaders and Instructors  
are career and volunteer female firefighters and EMTs in New York State.  
Applicants do not need any prior experience with the fire service.

FOR AN APPLICATION OR ADDITIONAL INFORMATION,  
LOG ON TO

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

OR

CALL 845-309-1325