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# Skydiving Jess conquers her fear of heights

EXTREME SPORT |  
ROB GREENWOOD

**JESS Church** is a self-confessed “freefall addict” who has racked up 68 skydives.

And her tally is even more impressive given she only started skydiving last year in a bid to conquer her fear of heights.

“I’m petrified of heights,” Ms Church, 23, of Ridgehaven, says.

“Now I can handle plane heights, I just can’t handle standing on a table.”

Ms Church had her first tandem jump in Brisbane last February.

She says she was “very, very nervous” before the jump but has been hooked ever since.

“The freefall is the best part – there’s nothing else like it.

“After my jump it was like a craving and I just needed to do it again.”

Ms Church completed an accelerated freefall course last April, allowing her to skydive by herself and in groups.

Last week she left for Toogoolawah, Queensland, to at-

tend the Skysisters Convention.

The eight-day camp offers coaching from Australia’s leading female skydivers and will see participants attempt a 60-person formation jump and other record-breaking efforts.

“It’s basically just a whole bunch of females having heaps of fun and getting lots of people in the sky at once,” Ms Church says.

“There will be a lot of crazy stuff going on.”

Ms Church says skydiving is a legitimate sport with endless opportunities to improve technique and explore new types of jumps.

Long-term, she hopes to forge a career teaching others to skydive.

“You are always learning with skydiving.

“It’s continuous fun and you can never get bored with it because there is always something else massive you can complete.”

**Have you used an interesting technique to beat your fears? Share it by posting a comment on this story at our website [leadermessenger.com.au](http://leadermessenger.com.au)**

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**HIGH-FLYER:** Skydiver Jess Church will jump out of a plane with 60 other women in Queensland. Picture: Roy Van Der Vegt H0339845