

## What is it?

The Games and Me is West Midlands campaign to see how people all over the region are playing their part in the build up to the London 2012 Olympic and Paralympic Games.

## Who is the Games and me Champion from Coventry and Warwickshire?

John Ledwidge is the Head Groundsman for Coventry City football club and will be ensuring that the pitch at the City of Coventry Stadium is ready to host Olympic football at London 2012.



## Does my story have to be sporty?

No! The Games and Me is about sharing everyone's own experience of what London 2012 means to them. This could be using the Games as an inspiration to stop smoking as much as being inspired to use creative talents as part of the Cultural Olympiad or to volunteer locally or as part of the London 2012 Games.

## How do I upload my story to be part of the Games and Me campaign?

### Websites

West Midlands: [www.thegamesandme.com](http://www.thegamesandme.com)

West Midlands: [www.wmfor2012.com](http://www.wmfor2012.com)

CW 2012: [www.cswp.org.uk/london2012](http://www.cswp.org.uk/london2012)

## What can the Games and Me do for me?

The Games and Me is about getting everyone involved in the activities and programmes happening across the West Midlands so that you can have your own Olympic or Paralympic moment.

Read the stories of the Games and Me Champions to see how they have been inspired and what they are doing to be part of London 2012.

Use your own experiences to inspire others to get involved and become a Games and Me Champion.

## How can I be involved?

You don't have to live in London or be a top athlete to take part in the London 2012 Olympic and Paralympic Games.

In Coventry and Warwickshire there are many opportunities to get involved. From dancing to Community Games and from sport to volunteering, there is something for everyone to have their own Olympic moment so tell us your story at: [www.thegamesandme.com](http://www.thegamesandme.com)

## How do I share my story?

The strength of the Games and Me campaign will come from hearing about the stories of individuals and organisations being part of London 2012.

You can upload pictures and videos on to the [gamesandme.com](http://www.gamesandme.com) website, you can inspire others through your activity and you could possibly even become one of the Games and Me Champions.