

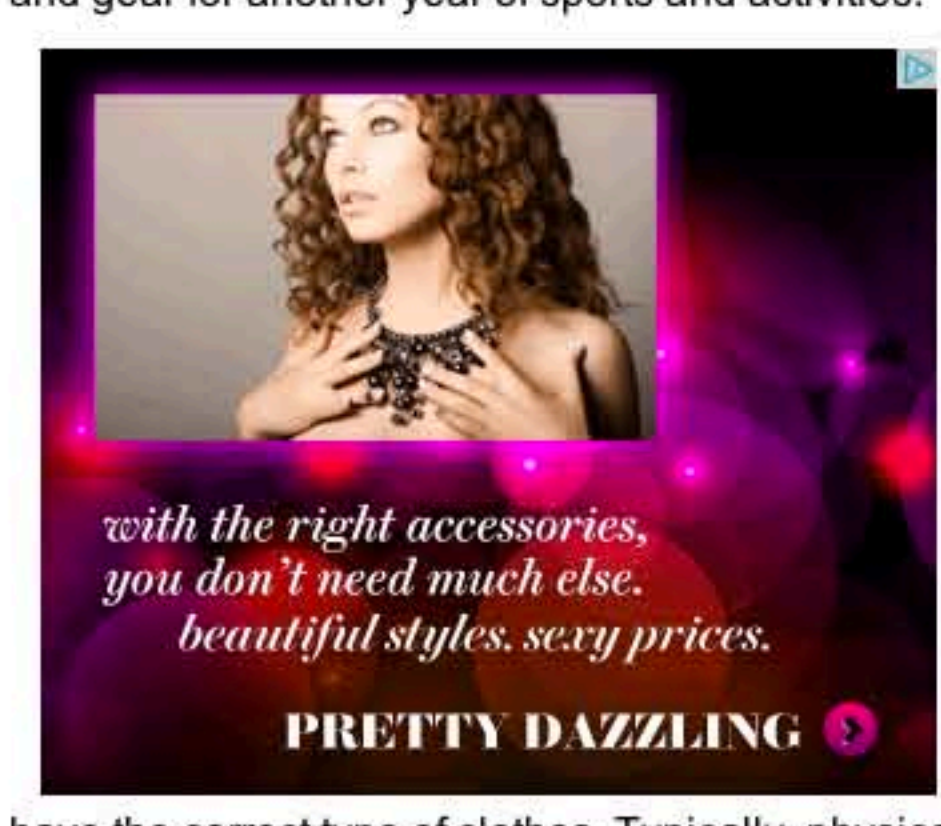
Back to school: Compression shorts 101, why they matter

By April MacIntyre Aug 17, 2012, 21:15 GMT

Back to school time is here, and parents and college students are readying clothing and gear for another year of sports and activities.



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Boys and [men's underwear](#) presents a myriad of choices, but one thing is clear, many people do not understand the importance of good compression shorts to keep the athlete (or average guy heading to the gym) high and dry.

Men's anatomy demands more support and ventilation, and wearing the proper outfit is also important. It is essential that whatever game you are in, you have the correct type of clothes. Typically, physical sports are the ones that need durable but comfortable attire. Many of these athletes use compression shorts. The average man also can find benefits in wearing compression shorts under looser workout cotton or nylon blend drawstring shorts.

Compression shorts hug the skin so as to keep everything in its rightful place. There are various types of compression shorts. Some are specifically made for certain sports like football. Football players have their own design of compression shorts, padded in the hips and the tailbone.

For parents, buying compression shorts is a wise [investment](#) for your athlete. It is the choice undergarment of athletes of all sports and disciplines from biking, wrestling and running, to soccer and basketball, to the pole vault and surfing.

Compression shorts also wick away [moisture](#) to keep any potentially damp areas free from any discomfort caused by sweating.



American company B-Skinz has taken this useful undergarment to dizzying heights of fashionable [colors](#), a veritable kaleidoscope colored athletic wear and active-wear line with compression shorts as its core.

This east coast based line was invented by two American women rethought an approach to workout wear, changing the whole [fashion scene](#) and creating collectible trends.

The company launched in 2007 when founders Carolyn Sammarro and Stacy Sorrentino realized that compression shorts had reached that point where a trend becomes the new normal.



B-Skinz offers compression shorts in over 100 [colors](#) and patterns, spankies (volleyball shorts), equestrian riding pants, leggings, golf [skorts](#), capris and more in any customizable combination perfect for schools, universities and sorority/fraternity groups and even glow in the dark fabric that can be worn like any clothing.



B-Skinz' Carolyn Sammarro and Stacy Sorrentino were two stay-at-home moms from northern New Jersey who together grew their fast-expanding line of compression/[spandex](#) sports apparel styles for men, girls, boys and women that are sold online at [www.bskinz.com](#) and at select sporting goods stores throughout the east coast.

The entire line, which includes [spandex](#) shorts, sports bras, dresses, capris and ankle-length pants, is completely customizable in terms of color, patterns, and inseam length.

B-Skinz has patterns and styles that cover every conceivable color option and design to make a boring piece of needed foundational [underwear](#) more fun to wear, so it was cool to have them peek out from looser workout shorts.

While compression shorts have been around for quite a while, an average non-athlete also benefits from compression shorts. The need for compression shorts has had some people wearing compression shorts underneath a bathing suit to prevent any potential chafing that the swimsuit lining may cause, or to keep the wedding tackle under control especially with the liner-less board shorts.

April MacIntyre is Monsters and Critics' smallscreen and people/celebrity editor who loves to visit and celebrate small American businesses when she can. You can contact her on [Twitter](#)

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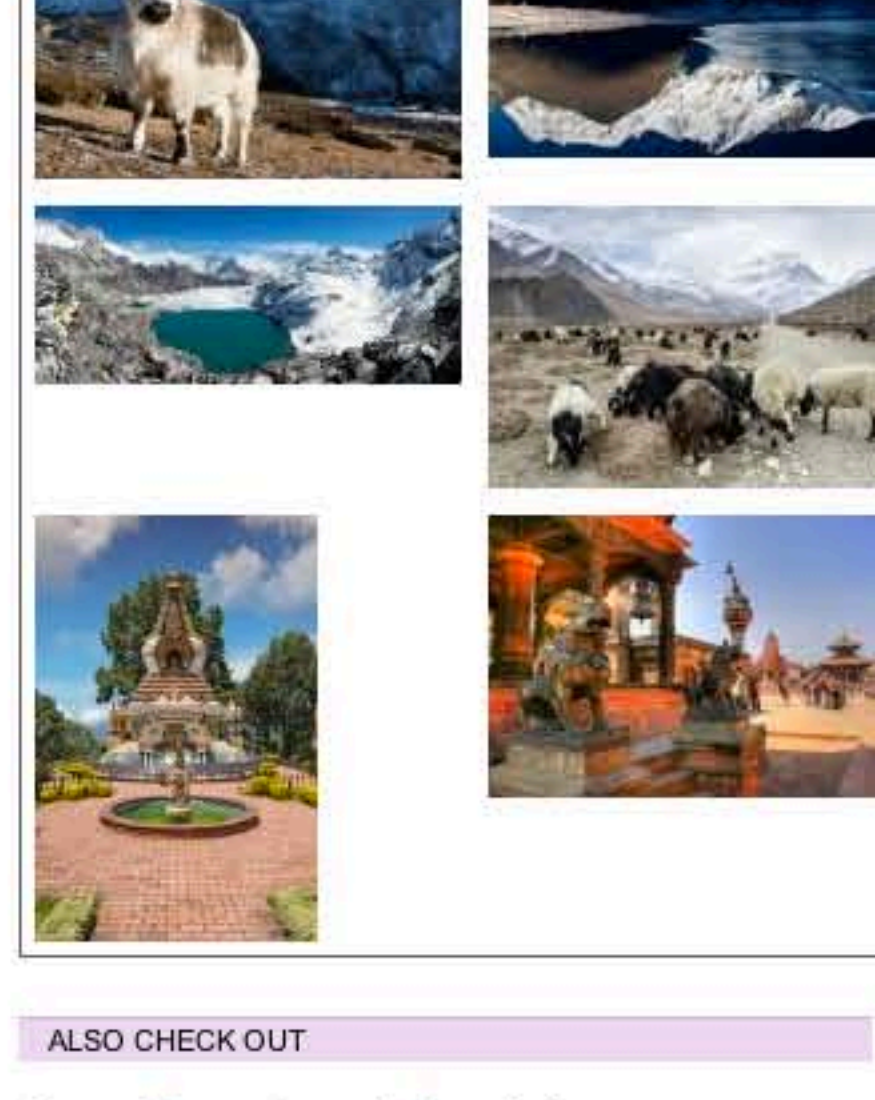
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