US 20190159531A1

(19) United States

(12) Patent Application Publication (10) Pub. No.: US 2019/0159531 A1

Caro (43) Pub. Date: May 30, 2019

(54) **ATHLETIC GARMENT AND HYGIENIC SYSTEM**

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(21) Appl. No.: **16/093,147**

(22) PCT Filed: **Apr. 11, 2017**

(86) PCT No.: **PCT/US2017/027002**

§ 371 (c)(1),
(2) Date: **Oct. 12, 2018**

**Related U.S. Application Data**

(63) Continuation-in-part of application No. 29/588,075, filed on Dec. 17, 2016, now abandoned.

(60) Provisional application No. 62/321,285, filed on Apr. 12, 2016, provisional application No. 62/435,766, filed on Dec. 17, 2016.

**Publication Classification**

(51) **Int. Cl.**

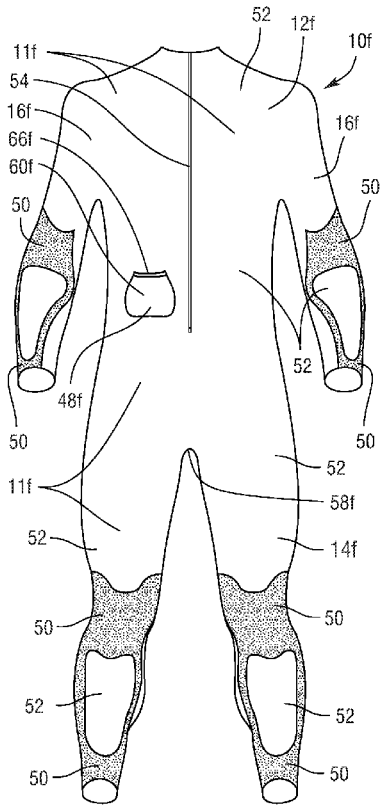
| | |
|---|---|
| ***A41D 13/00*** | (2006.01) |
| ***A41D 27/12*** | (2006.01) |
| ***A41D 27/20*** | (2006.01) |
| ***A41D 31/12*** | (2006.01) |
| ***A41D 31/30*** | (2006.01) |

(52) **U.S. Cl.**

CPC ..... ***A41D 13/0015*** (2013.01); ***A41D 27/12*** (2013.01); ***A41D 27/201*** (2013.01); ***A41D 31/125*** (2019.02); ***A41D 31/30*** (2019.02); *A41D 2300/322* (2013.01); *A41D 2600/10* (2013.01); *A41D 2500/50* (2013.01); *A41D 2300/22* (2013.01); *A41D 2400/48* (2013.01); *A41D 2300/32* (2013.01)

(57) **ABSTRACT**

An athletic garment and hygienic system include a body covering completely covering the torso of the wearer's body and covering all body parts between the wearer s torso and neck, between the wearer's torso and both ankles, and between the wearer's torso and both wrists. The garment includes a moisture absorbent, antimicrobial fabric to improve wicking of perspiration and moisture removal from the wearer's body and to prevent contact of the wearer's skin against the skin of other individuals and surfaces. Material reinforcement is added where the garment covers the wearer's body in at least two of the wearer's crotch, knees, elbows, and forearms. The garment can include a dispenser for storing and dispensing hygienic towels, with an outer impermeable layer to inhibit moisture loss from within the dispenser. The hygienic system can include a permeable bag for garment storage and garment sanitizing without removal from the bag during laundering.



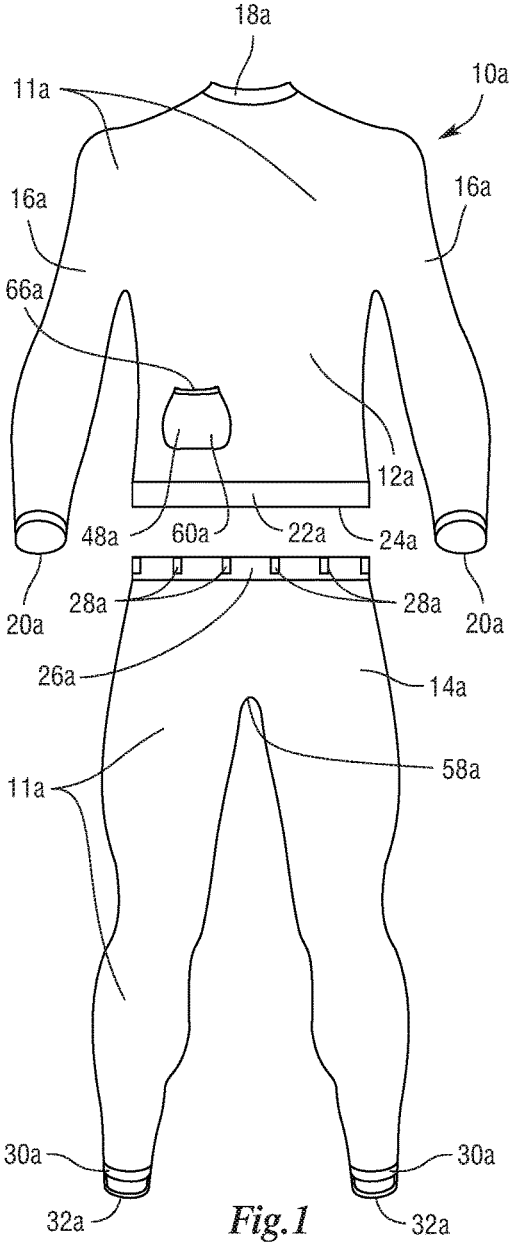

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*Fig.1*

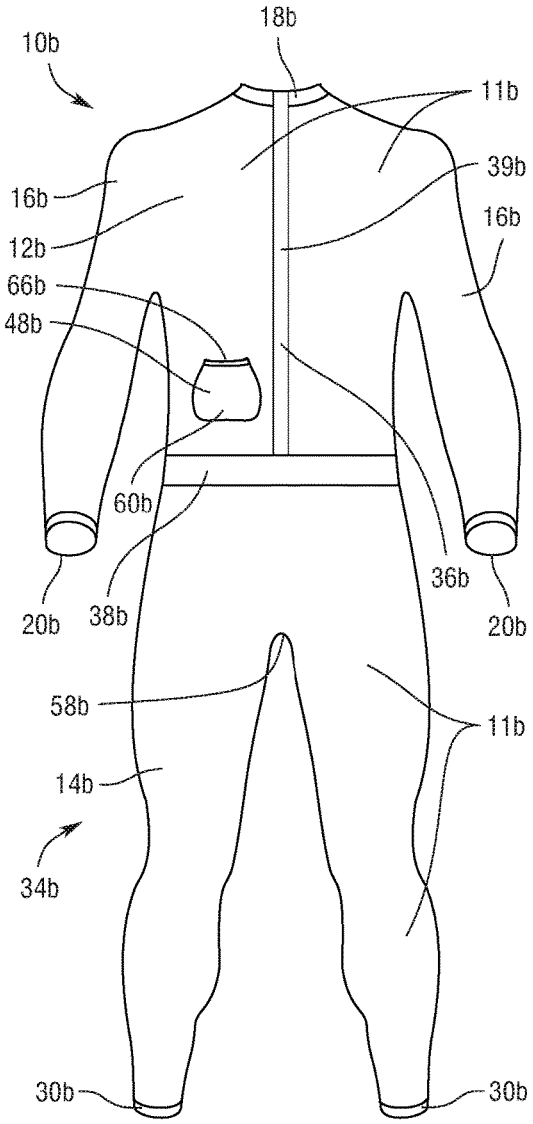
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*Fig.2*

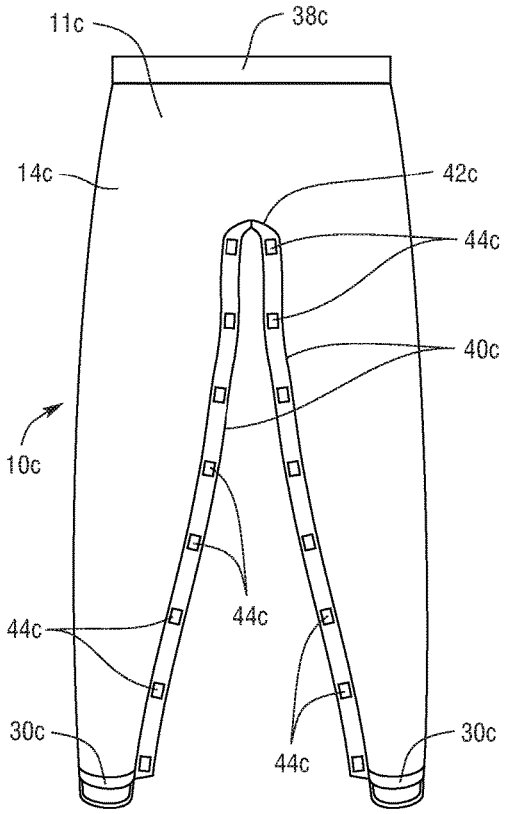


*Fig.3*

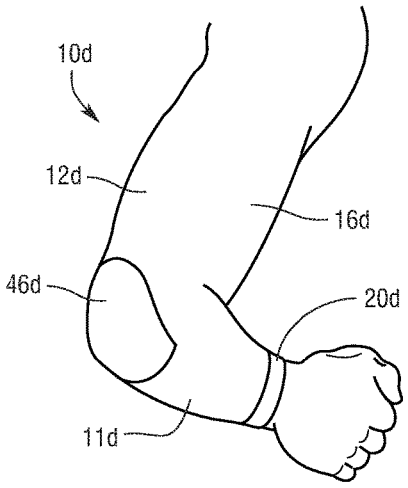


*Fig.4*

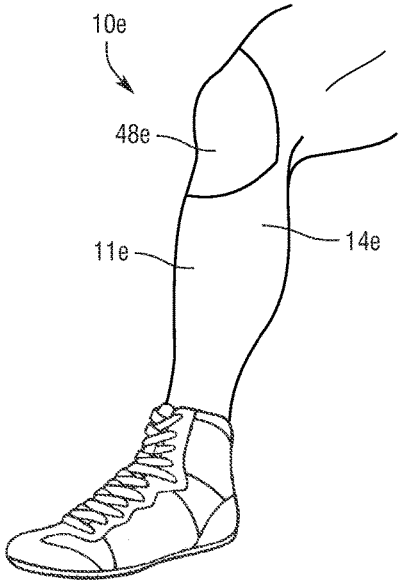


*Fig.5*

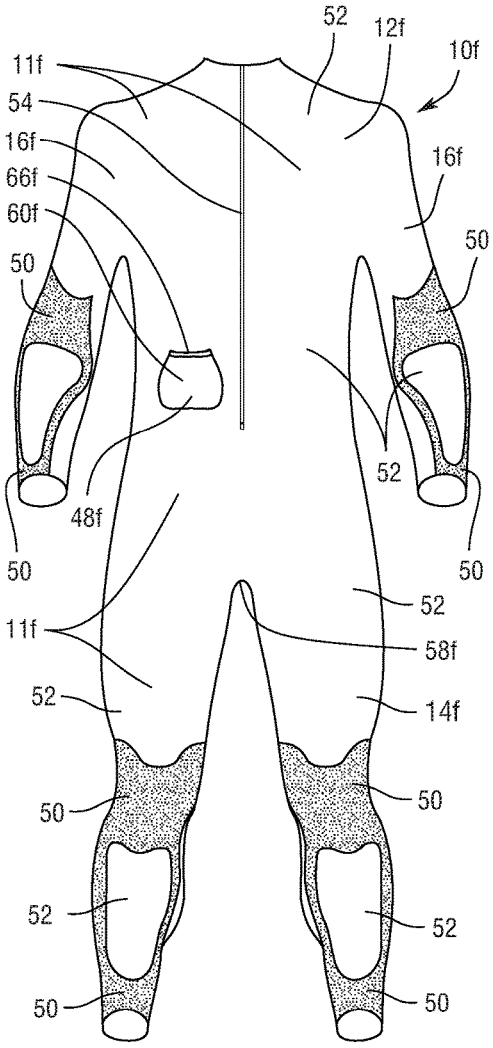
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*Fig.6*

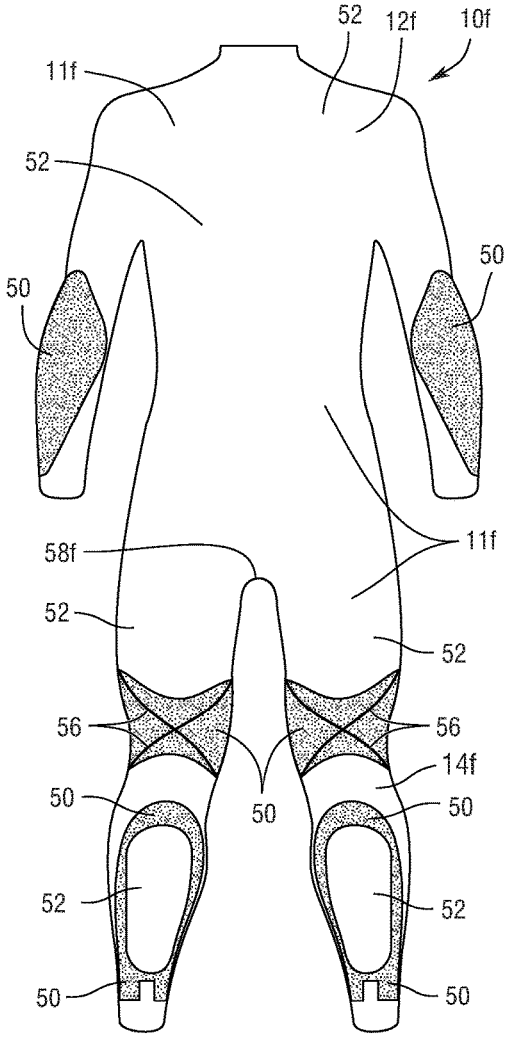
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*Fig.7*

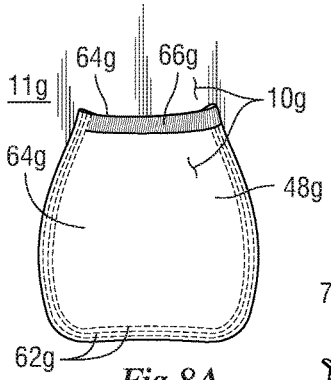


Fig.8A

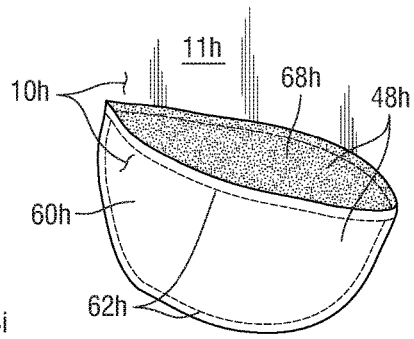


Fig.8B

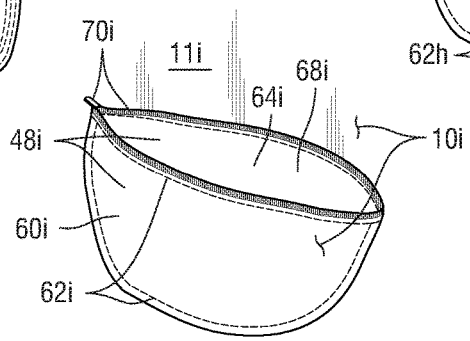


Fig.8C

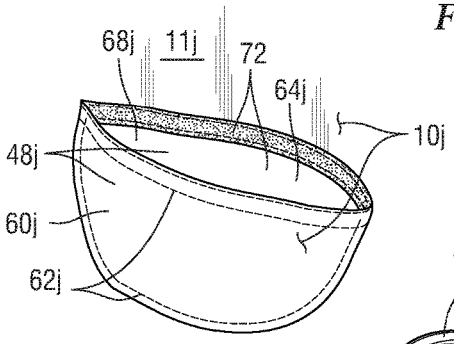


Fig.8D

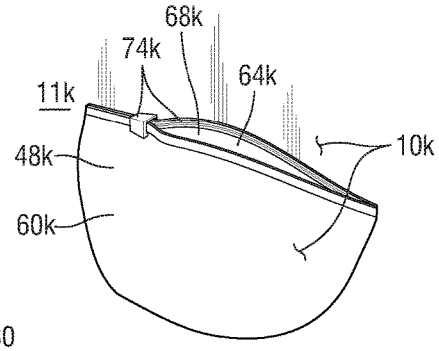


Fig.8E

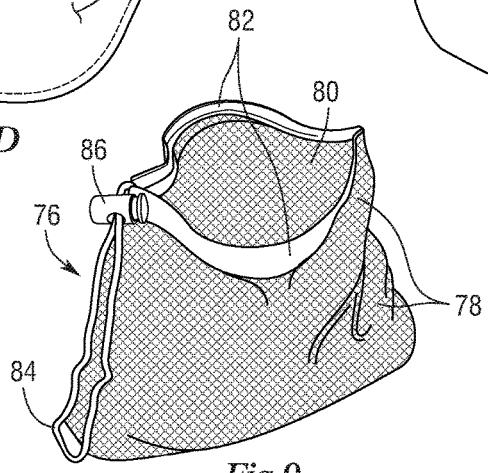


Fig.9

# ATHLETIC GARMENT AND HYGIENIC SYSTEM

## BACKGROUND

**[0001]** Certain sports such as wrestling involve significant bodily contact between athletes during both practice and competition. Athlete bodies are also exposed to surface contact with equipment and competition surfaces such as floor and wall mats. As a result, an athlete's skin can be highly vulnerable to the interpersonal and environmental transmission of microbial, bacterial, fungal, and viral skin conditions and diseases.

**[0002]** In particular, skin-to-skin contact between athletes is considered the greatest vector for the transmission of skin conditions and diseases during activities such as wrestling, martial arts, and other similar sports. Microbe transmission and subsequent infections can become pronounced and increasingly problematic when moisture, and especially bodily fluids such as perspiration, are present and exchanged during training and contests. The general recognition of this problem has led several athletic associations such as those governing wrestling to adopt strict rules and procedures for the dermatological examination of athletes prior to wrestling matches. Following the identification or diagnosis of communicable conditions or diseases, such rules and procedures often further require physician certifications before infected athletes are permitted to resume training or competition.

**[0003]** Unfortunately, such regulations and procedures are not always effective as some skin lesions or inflammations may go unnoticed during an examination. In other instances, an underlying skin condition or disease may already be at a communicable stage but not yet past a visually apparent incubation stage. In such cases, existing athletic outfits such as wrestling singlets and competition uniforms offer minimal skin-to-skin protection as they are primarily designed to minimize restrictions to athletic movement and therefore usually include substantial openings that allow for the wide range of movement of the arms, legs, and head. Such outfits may also be constructed of a non-absorbent polymer or other material that is largely ineffective for removing or allowing for the quick evaporation of sweat or other moisture from an athlete's skin.

**[0004]** A full skin surface coverage body garment is therefore needed to protect skin from damage from continued routine training activities. Protecting skin from such damage allows skin to be better prepared to defend against skin conditions and diseases presented during training sessions, practices, and competitions.

## SUMMARY

**[0005]** An athletic garment includes a body covering that completely covers the torso of a wearer's body and also covers at least all parts of the wearer's body between the wearer's torso and the wearer's neck, between the wearer's torso and both of the wearer's ankles, and between the wearer's torso and both of the wearer's wrists. The body covering at least partially includes a moisture absorbent, antimicrobial fabric to improve wicking of perspiration and moisture removal from the wearer's body and to prevent the contact of the wearer's skin against the skin of other individuals. The body covering also includes material reinforcement where the garment covers the wearer's body in at least two of the wearer's crotch, the wearer's knees, the wearer's elbows, and the wearer's forearms.

**[0006]** The garment can be a part of a hygienic system that includes at least one hygienic towel and a dispenser located on the garment for storing and dispensing the hygienic towel, the dispenser having an impermeable layer to inhibit the loss of moisture from the hygienic towel while the towel is stored within the dispenser. The dispenser is located at a position on the garment to allow the wearer to retrieve the hygienic towel and disinfect the wearer's hands, fingers, and objects located on or near the wearer while the wearer wears the garment. Such reinforcement increases overall garment durability and enhances the garment's suitability for wrestling, mixed martial arts, and other person-to-person combative activities.

**[0007]** The athletic garment system can also include a water permeable bag, such as a mesh bag, sufficiently large to accommodate the garment and to allow the garment to be sanitized in a washing machine and be further sanitized and dried in a dryer while the garment remains inside said water permeable bag. The water permeable bag also allows the garment to be easily transported by the wearer to and from the athletic practice or activity, disinfected, and be quickly returned to the next athletic practice or activity with minimal preparation or effort.

## BRIEF DESCRIPTION OF THE DRAWINGS

**[0008]** For a more complete understanding and appreciation of this invention, and its many advantages, reference will be made to the following Detailed Description of the Invention taken in conjunction with the accompanying drawings.

**[0009]** FIG. **1** depicts an athletic garment according to one embodiment of the invention;

**[0010]** FIG. **2** depicts an athletic garment according to one embodiment of the invention;

**[0011]** FIG. **3** depicts the compression pants of an athletic garment according to one embodiment of the invention;

**[0012]** FIG. **4** depicts an arm portion of an athletic garment according to one embodiment of the invention;

**[0013]** FIG. **5** depicts a leg portion of an athletic garment according to one embodiment of the invention;

**[0014]** FIG. **6** depicts a front view of an athletic garment according to one embodiment of the invention;

**[0015]** FIG. **7** depicts a rear view of an athletic garment according to one embodiment of the invention;

**[0016]** FIG. **8**A depicts a hygienic towel dispenser positioned on an athletic garment according to one embodiment of the invention;

**[0017]** FIG. **8**B depicts a hygienic towel dispenser positioned on an athletic garment according to one embodiment of the invention;

**[0018]** FIG. **8**C depicts a hygienic towel dispenser positioned on an athletic garment according to one embodiment of the invention;

**[0019]** FIG. **8**D depicts a hygienic towel dispenser positioned on an athletic garment according to one embodiment of the invention;

**[0020]** FIG. **8**E depicts a hygienic towel dispenser positioned on an athletic garment according to one embodiment of the invention; and

**[0021]** FIG. **9** a water permeable bag according to one embodiment of the invention.

DETAILED DESCRIPTION OF TIE INVENTION

**[0022]** Referring to the drawings, some reference numerals are used to designate the same or corresponding parts through several of the embodiments and figures shown and described. Variations in corresponding parts are denoted in specific embodiments with the addition of lowercase letters. Subsequent variations in components that are depicted in the figures but not described are intended to correspond to the specific embodiments mentioned earlier and are discussed to the extent that they vary in form or function. It will be understood generally that variations in the embodiments could be interchanged without deviating from the intended spirit and scope of the invention.

**[0023]** Referring to FIG. **1**, a wrestling garment **10***a* of the invention is a full skin surface coverage body garment that includes a body covering **11***a* completely covering the torso of the wearer's body and at least covering all parts of the wearer's body between the wearer's torso and the wearer's neck, between the wearer's torso and both of the wearer's ankles, and between the wearer's torso and both of the wearer's wrists. The garment **10***a* is divided into a compression top **12***a* and compression pants **14***a* to be fitted on an athlete's body (not shown). The compression top **12***a* includes arm covering portions **16***a* and an elastic collar **18***a* to allow the garment **10***a* to fit sufficiently snug around the athlete's neck without causing choking or discomfort. Elastic cuffs **20***a* also comprise elastic bands that fit around the athlete's wrists to prevent fabric slippage. A waist fabric belt **22***a* comprising VELCRO™ material is positioned around the lower body opening **22***a* of the compression top **12***a*.

**[0024]** With further reference to FIG. **1**, the compression pants **14***a* of the garment **10***a* include an elastic waistband **26***a* having a plurality of waist tabs **28***a* comprising VELCRO™ material and spaced apart from each other. This spacing of the waist tabs **28***a* allows the elastic waistband **26***a* to maintain waistline elasticity while still allowing the waist tabs **28***a* to engage, stick against, and anchor to the corresponding VELCRO™ material of the waist fabric belt **22***a* of the upper body portion **12***a*. The compression pants **14***a* also include elastic leg cuffs **30***a* comprising elastic bands to fit around the athlete's ankles to prevent fabric slippage. Elastic stirrups **32***a* positioned at the leg cuffs **30***a* provide additional ability to prevent fabric slippage.

**[0025]** The compression top and pants **12***a* and **14***a* of the garment **10***a* are constructed of an absorbent fabric compression material capable of removing moisture through wicking to enhance skin-to-skin and skin-to-surface protection and reduce potential infection. Suitable fabrics can include any of several durable and commercially available materials such as Lycra and Spandex, garment materials sold under the UNDER ARMOUR™ or HEATGEAR™ trademarks, or other like materials that support sufficient wicking. It is further contemplated that the materials utilized also inherently contain antimicrobial properties or be treated with chemicals or cidal materials to possess such properties. For example, an especially suitable fabric possessing such antimicrobial properties is that sold under the GRAPPLETC™ trademark as is available from Caro Wrestling, LLC of Erie, Pa. GRAPPLETECT™ Fabric is treated with polyhexamethylene (PHMB) to enhance its antimicrobial properties.

**[0026]** When an athlete is fully dressed in the full garment **10***a* with the compression top **12***a* and compression pants **14***a* secured via the VELCRO™ waist fabric belt **22***a* and waist tabs **28***a*, the athlete's arms, legs, and body are almost completely covered by the fabric compression material, thereby shielding most of the body from skin-to-skin or environmental contact. The body covering **11***a* completely covers the torso of the wearer's body and covers all parts of the wearer's body between the wearer's torso and the wearer's neck, between the wearer's torso and both of the wearer's ankles, and between the wearer's torso and both of the wearer's wrists.

**[0027]** The compression properties of the material combined with the elastic collar **18***a*, elastic cuffs **20***a*, elastic leg cuffs **30***a*, and stirrups **32***a*, as well as the interlocking of the waist fabric belt **22***a* and waist tabs **28***a*, all allow for the garment **10***a* to remain in place to shield the athlete's skin during both strenuous wrestling, martial arts, and other athletic contests as well as during less strenuous conditioning and training exercises, especially where skin-to-skin or environmental body contact is prolonged. The compression fabric of the garment **10***a*, having full skin surface coverage, also allows for the wearing of traditional practice clothing over the garment **10***a*. In such cases, the garment **10***a* acts as an additional protective layer to the athlete's skin, allowing the skin to retain its maximum effectiveness in providing protection for the athlete.

**[0028]** FIG. **2** depicts a garment **10***b* of the invention in which the compression top **12***b* and compression pants **14***b* are combined into a one-piece construction **34***b*. An athlete enters the garment by opening a VELCRO™ fabric seam **36***b* that extends vertically along the front of the garment **10***b* and an opening VELCRO™ elastic waistline **38***b* extending horizontally at the base of the vertical fabric seam **36***b*. The VELCRO™ material is stitched to the waistband and a vertically positioned reinforcement strip **39***b* to improve durability of the seam **36***b* and to allow for more efficient garment changing by the athlete. The one-piece construction **34***b* enhances the securement of the compression top **12***b* to the compression pants **14***b* and allows for easy dressing and undressing of the athlete with full body skin surface coverage.

**[0029]** Although the invention has been shown and described using VELCRO™ material to construct openable seams, it will be appreciated that other similar devices such as zippers, drawstrings, button or snaps, and other fastening devices can also be implemented within the anticipated scope of the invention.

**[0030]** Further, although the invention has been shown and described with dressing openings along the garment waist, it will be appreciated that other types of openings are also within the contemplated scope of the invention. For example, FIG. **3** depicts the compression pants **14***c* of a garment **10***c* of the invention in which an openable inner seam **40***c* is positioned vertically along the inside legs of the pants **14***c* to an openable crotch **42***c*. The inner seam **40***e* also includes VELCRO™ material including inseam tabs **44***c* allowing for stretchable securement of the inner seam **40***e* to further reduce restriction to the athlete's movement while keeping the inner seam **40***c* securely closed.

**[0031]** It will be further appreciated that in some contemplated embodiments, additional reinforcement can be added to improve wear resistance of the garment. Referring now to FIG. **4**, the arm covering portion **16***d* of a garment **10***d* of the invention includes an elbow patch **46***d* to reinforce the elbow portion of the compression top **12***d*. The elbow patch **46***d* can comprise one or more extra layers of the same fabric compression material from which the garment **10***d* is con-

structed or, alternatively, can comprise a different durable or sacrificial material that is sewn, mounted, or adhered to the top surface of the existing garment material. One example of such appropriately implemented materials could include 2-way stretch performance fabric, although it will be appreciated that other materials could also be implemented within the contemplated invention scope.

**[0032]** Anticipated embodiments of the invention would include such material reinforcement in at least two areas of the garment, such as those areas adjacent the wearer's elbow, forearm, knees, and crotch.

**[0033]** FIG. **5** depicts one leg of the compression pants **14***e* of another garment **10***e* of the invention in which a knee patch **48***e* is added for reinforcement, similar to the elbow patch **46***d* depicted in FIG. **4**. Although the knee patch **48***e* is shown and described in FIG. **5** as an added layer of material at the knee area of the compression pants **14***e*, it will be further appreciated that any suitable reinforcing means can also be added at other locations of the garment **10***e* within the contemplated scope of the invention.

**[0034]** For example, FIG. **6** is a front view of a garment **10***f* of the invention having the compression top **12***f* and compression pants **14***f* combined into a one-piece construction. In this embodiment, non-crotch reinforced areas **50** (represented generally in grey) are positioned next to the knees, forearms, and elbows of the wearer. A zipper **54** allows the wearer to easily enter and exit the garment **10***f*. Now comparing FIG. **6** with the back view of the same garment **10***f* in FIG. **7**, other covered areas **52** (represented generally in black) of the body covering **11***f* can be 195 $g/m^2$ of cationic polyester material. The reinforced areas **50** can be 220 $g/m^2$ or 240 $g/m^2$ cationic polyester. The crotch area **58***f* can also be reinforced with 220 $g/m^2$ or 240 $g/m^2$ cationic polyester as well. Some contemplated embodiments can include flatlock stitching along seams using elastic nylon thread. Alternatively, the reinforced areas **50** and/or crotch area **58***f* could also be reinforced with the addition of folded, pleated, or multiple layered fabric, other durable or sacrificial material, additional stitching and/or surge stitching, or other methods of material reinforcement within the intended invention scope.

**[0035]** In addition to reinforcement, additional material can also be added for wearer support. For example, cross stitching **56** can be provided behind the wearer's calf to help avert cramping during athletic activities. Although shown and described in this location in FIG. **7**, it will be appreciated that such cross stitching or other wearer support structures can also be located or added at other positions on a garment within the intended scope of the invention.

**[0036]** The invention further contemplates such athletic garments can be integrated into a hygienic and disinfection system to further protect wearers from microbial-based infections and skin diseases. Referring now to FIG. **8**A, a dispenser **48***g* is affixed to a garment **10***g* of the invention to allow for the storage and dispensing of one or more hygienic towels (not shown). Comparing FIG. **8**A with FIGS. **1**, **2**, and **6**, the dispensers **48***g*, **48***a*, **48***b*, and/or **48***f* are positioned on the front of the garments **10***g*, **10***a*, **10***b*, and **10***f* or at another location allowing easy access and towel dispensing to the wearer. Referring specifically to FIG. **8**A, the dispenser **48***g* includes an outer impermeable layer **60***g* that is attached with stitches **62***g* to outer surface of the body covering **11***g*. A dispenser opening **64***g* is located at the top of the dispenser **48***g* through which a stored hygienic towel is dispensed. An elastic band **64***g* is positioned on the outer impermeable layer **60***g* along the dispenser opening **64***g* to minimize the size of the opening **64***g* while a towel is being stored and to reduce the amount of airflow that would tend to more quickly remove moisture from within the dispenser **48***g*.

**[0037]** The outer impermeable layer **60***g* of the dispenser **48***g* is constructed of a material to prevent moisture loss. For example, the impermeable layer **60***g* may be constructed to include a lining of 60GSM Yarn fused with 0.015 mm clear thermoplastic Urethane, as available from the CMS China Company of Shenzhen, Guangdong, China. Such a construction would typically inhibit moisture loss and preserve the usable life of a disinfectant cloth (not shown) for approximately two hours or for the duration of a wrestling, martial arts, or other athletic training session. Such a duration would also be expected when using hygienic wipes sold under the MATGUARD™ trademark. Although the invention has been shown and described using such impermeable wipes in conjunction with specific impermeable layer materials for a dispenser itself it will be appreciated that other moisture resistant fabrics or dispenser materials can also be appropriately implemented within the intended scope of the invention. Such dispensers can be located at a position on the garment to allow the wearer to retrieve the hygienic towel and disinfect objects located on or near the wearer while the wearer wears the garment.

**[0038]** It will be further appreciated that additional variations in dispenser construction are also possible within the contemplated scope of the invention. For example, FIG. **8**B depicts a dispenser **48***h* mounted on the body covering **11***h* of a garment **10***h* of the invention and stretched open to insert or dispense a hygienic towel (not shown). The dispenser **48***h* includes an additional inner impermeable layer **68***h* positioned directly against the body covering **11***h* of the garment **10***h*. The inner impermeable layer **68***h* has a material construction similar to the outer impermeable layer **60***h* to further reduce moisture loss during hygienic towel storage.

**[0039]** It is also contemplated that additional closure means may be desired to further reduce or inhibit moisture loss by the dispenser. For example, FIG. **8**C depicts a garment **10***i* of the invention having a drawn open dispenser **48***i* with a zipper **70** positioned at the dispenser opening **64***i* along the tops of the outer and inner impermeable layers **60***i* and **68***i*. FIG. **8**D depicts a similar garment **10***j* of the invention having an open dispenser **48***j* with a VELCRO™ closure **72** positioned at the dispenser opening **64***j* along the tops of the outer and inner impermeable layers **60***j* and **68***j*. In some embodiments, it may be desirable to even further reduce dispenser moisture loss with a closure that is itself more impermeable. For example, FIG. **8**E depicts a similar garment **10***k* of the invention having a partially open dispenser **48***k* with a plastic zip closure **74** positioned at the dispenser opening **64***k* along the tops of the outer and inner impermeable layers **60***k* and **68***k*. It will be appreciated that other dispenser and closure variations are also possible within the contemplated scope of the invention.

**[0040]** Referring now to FIG. **9**, a water permeable bag **76** is provided as part of an integrated hygienic and disinfection system to further protect wearers from microbial-based infections and skin diseases. The water permeable bag **76** is machine washable and machine dryable with mesh sides **78**. The bag **76** and bag opening **80** are of a sufficient size to

allow an entire athletic garment, such as those garments **10***a-k* depicted in any of FIGS. **1-8**E, to be entirely stuffed within the bag **76** and the closure **82** closed with drawstrings **84** and drawstring lock **86**. Although the bag is shown and described with mesh sides and drawstrings, it will be appreciated that other permeable bag constructions are possible as are other types of closures, including but not limited to zippers, plastic zips, and VELCRO™ closures and are all within the contemplated scope of the invention.

**[0041]** During normal use, and to minimize bodily contact with a garment **10***a-k* after use during a practice or athletic event, a wearer will stuff the garment **10***a-k* inside the permeable bag **76**, close the bag **76** with drawstrings **84** and drawstring lock **86**, and transport the garment **10***a-k* to the location of laundering. The bag **76** would then be put into a washing machine and washed with the garment **10***a-k* still contained within the bag **76**. The garment **10***a-k* would also be dried in a dryer while still in the bag **76**. During washing, antiseptic or antimicrobial detergent could also be utilized to enhance disinfection. Machine drying would also contribute to the disinfection process.

**[0042]** The rolled-up or ball stuffing of the garment **10***a-k* during laundering cycles would also contribute to the preservation of the garment **10***a-k* by preventing machine-caused damage from each washing and drying machine cycle. The bag **76** prevents overexposure of the garment **10***a-k* to heat and minimizes fabric wear and tear during washing and drying cycles. Optimally, the bag **76** would be sized to maximize a ball-like shape during laundering when a garment **10***a-k* is contained therein. For example, it has been determined that for a normal youth through adult sized garment **10***a-k* of the invention, a 17"×17" mesh bag will tend to retain an optimal ball-like shape during laundering for this purpose. After drying, the garment **10***a-k* would then be immediately ready for use and transport by the wearer to the next practice or athletic event without further sanitizing or preparation. In this way the system would allow the garment **10***a-k* to be laundered and sanitized with minimal preparation and effort, minimal wear or damage to the garment **10***a-k*, and minimal risk of disease transmission from contact with the garment **10***a-b* before sanitizing.

**[0043]** Those skilled in the art will realize that this invention is capable of embodiments different from those shown and described. It will be appreciated that the detail of the structure of the disclosed apparatuses and methodologies can be changed in various ways without departing from the invention itself. Accordingly, the drawings and Detailed Description of the Invention are to be regarded as including such equivalents as do not depart from the spirit and scope of the invention.

**1**. An athletic garment comprising:

a body covering, said body covering completely covering the torso of the wearer's body and at least covering all parts of the wearer's body between the wearer's torso and the wearer's neck, between the wearer's torso and both of the wearer's ankles, and between the wearer's torso and both of the wearer's wrists;

said body covering comprising a moisture absorbent, antimicrobial fabric to improve wicking of perspiration and moisture removal from the wearer's body and to prevent the contact of the wearer's skin against the skin of other individuals;

said body covering including material reinforcement of said garment where said garment covers the wearer's body in at least two of the wearer's crotch, the wearer's knees, the wearers elbows, and the wearer's forearms; and

a dispenser for storing and dispensing hygienic towels, said dispenser having an outer impermeable layer to inhibit the loss of moisture from hygienic towels stored within said dispenser.

**2**. The athletic garment of claim **1** wherein said dispenser is positioned at a location on said garment to allow the wearer to retrieve a hygienic towel and disinfect the wearer's hands, fingers, and objects located on or near the wearer while the wearer wears said garment.

**3**. The athletic garment of claim **1** wherein said dispenser includes an inner impermeable layer to further inhibit moisture loss during hygienic towel storage.

**4**. The athletic garment of claim **1** further comprising a separate compression top and compression pants, said separate compression top and compression pants attached together when worn by a wearer.

**5**. The athletic garment of claim **1** wherein said garment has a one-piece construction.

**6**. The athletic garment of claim **1** further comprising an elastic collar.

**7**. The athletic garment of claim **1** further comprising an openable inner seam.

**8**. The athletic garment of claim **1** further comprising a cross stitch support on said body covering, said cross stitch support being located behind the calf of the wearer when said garment is being worn to reduce wearer fatigue.

**9**. The athletic garment of claim **1** wherein said reinforcement is folded over said antimicrobial fabric.

**10**. The athletic garment of claim **1** wherein said reinforcement is pleated said antimicrobial fabric.

**11**. The athletic garment of claim **1** wherein said reinforcement is increased durability fabric.

**12**. The athletic garment of claim **1** wherein said reinforcement is sacrificial material.

**13**. The athletic garment of claim **1** wherein said reinforcement is additional stitching.

**14**. The athletic garment of claim **1** wherein said reinforcement is surge stitching.

**15**. The athletic garment of claim **1** wherein said dispenser includes an elastic band positioned on the outer impermeable layer to reduce the amount of airflow into said dispenser and further inhibit moisture loss during hygienic towel storage.

**16**. The athletic garment of claim **1** wherein said dispenser includes a zipper closure to reduce the amount of airflow into said dispenser and further inhibit moisture loss during hygienic towel storage.

**17**. The athletic garment of claim **1** wherein said dispenser includes a VELCRO™ closure to reduce the amount of airflow into said dispenser and further inhibit moisture loss during hygienic towel storage.

**18**. The athletic garment of claim **1** wherein said dispenser includes a plastic zip closure to reduce the amount of airflow into said dispenser and further inhibit moisture loss during hygienic towel storage.

**19**. An athletic garment hygienic system comprising:

a body covering, said body covering completely covering the torso of the wearer's body and at least covering all parts of the wearer's body between the wearer's torso and the wearer's neck, between the wearer's torso and

both of the wearer's ankles, and between the wearer's torso and both of the wearer's wrists;

said body covering comprising a moisture absorbent, antimicrobial fabric to improve wicking of perspiration and moisture removal from the wearer's body and to prevent the contact of the wearer's skin against the skin of other individuals;

said body covering including material reinforcement of said garment where said garment covers the wearer's body in at least two of the wearer's crotch, the wearer's knees, the wearers elbows, and the wearer's forearms; and

a water permeable bag, said bag being sufficiently large to accommodate said garment and to allow said garment to be sanitized in a washing machine and further sanitized and dried in a dryer while said garment remains inside said water permeable bag.

**20**. The athletic garment hygienic system of claim **19** wherein said water permeable bag is a mesh bag.

**21**. The athletic garment hygienic system of claim **19** wherein said water permeable bag is closeable with drawstrings.

**22**. The athletic garment hygienic system of claim **19** wherein said water permeable bag is closeable with a VELCRO™ closure.

**23**. The athletic garment hygienic system of claim **19** wherein said water permeable bag is closeable with a zipper closure.

**24**. The athletic garment hygienic system of claim **19** wherein said water permeable bag is closeable with a plastic zip closure.

**25**. The athletic garment hygienic system of claim **19** further comprising a dispenser for storing and dispensing hygienic towels, said dispenser having an outer impermeable layer to inhibit the loss of moisture from hygienic towels stored within said dispenser.

**26**. The athletic garment hygienic system of claim **19** wherein said water permeable bag is sized to maximize a ball-like shape when said garment is contained therein during laundering.

**27**. An athletic garment hygienic system comprising:

a body covering, said body covering completely covering the torso of the wearer's body and at least covering all parts of the wearer's body between the wearer's torso and the wearer's neck, between the wearer's torso and both of the wearer's ankles, and between the wearer's torso and both of the wearer's wrists;

said body covering comprising a moisture absorbent, antimicrobial fabric to improve wicking of perspiration and moisture removal from the wearer's body and to prevent the contact of the wearer's skin against the skin of other individuals;

said body covering including material reinforcement of said garment where said garment covers the wearer's body in at least two of the wearer's crotch, the wearer's knees, the wearers elbows, and the wearer's forearms;

a dispenser for storing and dispensing a hygienic towel and at least one hygienic towel, said dispenser having an outer impermeable layer to inhibit the loss of moisture from said hygienic towel while said towel is stored within said dispenser; said dispenser being located on said garment to allow the wearer to retrieve said hygienic towel and disinfect the wearer's hands, fingers, and objects located on or near the wearer while wearing said garment; and

a water permeable bag, said bag being sufficiently large to accommodate said garment and to allow said garment to be sanitized in a washing machine and further sanitized and dried in a dryer while said garment remains inside said water permeable bag.

**28**. The athletic garment hygienic system of claim **27** wherein said water permeable bag is a mesh bag.

**29**. The athletic garment hygienic system of claim **27** wherein said water permeable bag is closeable with drawstrings.

**30**. The athletic garment hygienic system of claim **27** wherein said water permeable bag is closeable with a VELCRO™ closure.

**31**. The athletic garment hygienic system of claim **27** wherein said water permeable bag is closeable with a zipper closure.

**32**. The athletic garment hygienic system of claim **27** wherein said water permeable bag is closeable with a plastic zip closure.

**33**. The athletic garment hygienic system of claim **27** wherein said water permeable bag is sized to maximize a ball-like shape when said garment is contained therein during laundering.

**34**. The athletic garment hygienic system of claim **27** wherein said dispenser is positioned at a location on said garment to allow the wearer to retrieve a hygienic towel and disinfect objects located on or near the wearer while the wearer wears said garment.

**35**. The athletic garment hygienic system of claim **27** wherein said dispenser includes an inner impermeable layer to further inhibit moisture loss during hygienic towel storage.

**36**. The athletic garment hygienic system of claim **27** further comprising a separate compression top and compression pants, said separate compression top and compression pants attached together when worn by a wearer.

**37**. The athletic garment hygienic system of claim **27** wherein said garment has a one-piece construction.

**38**. The athletic garment hygienic system of claim **27** further comprising an elastic collar.

**39**. The athletic garment hygienic system of claim **27** further comprising an openable inner seam.

**40**. The athletic garment hygienic system of claim **27** further comprising a cross stitch support on said body covering, said cross stitch support being located behind the calf of the wearer when said garment is being worn to reduce wearer fatigue.

**41**. The athletic garment hygienic system of claim **27** wherein said reinforcement is folded over said antimicrobial fabric.

**42**. The athletic garment hygienic system of claim **27** wherein said reinforcement is pleated said antimicrobial fabric.

**43**. The athletic garment hygienic system of claim **27** wherein said reinforcement is increased durability fabric.

**44**. The athletic garment hygienic system of claim **27** wherein said reinforcement is sacrificial material.

**45**. The athletic garment hygienic system of claim **27** wherein said reinforcement is additional stitching.

**46**. The athletic garment hygienic system of claim **27** wherein said reinforcement is surge stitching.

**47**. The athletic garment hygienic system of claim **27** wherein said dispenser includes an elastic band positioned on the outer impermeable layer to reduce the amount of airflow into said dispenser and further inhibit moisture loss during hygienic towel storage.

**48**. The athletic garment hygienic system of claim **27** wherein said dispenser includes a zipper closure to reduce the amount of airflow into said dispenser and further inhibit moisture loss during hygienic towel storage.

**49**. The athletic garment hygienic system of claim **27** wherein said dispenser includes a VELCRO™ closure to reduce the amount of airflow into said dispenser and further inhibit moisture loss during hygienic towel storage.

**50**. The athletic garment hygienic system of claim **27** wherein said dispenser includes a plastic zip closure to reduce the amount of airflow into said dispenser and further inhibit moisture loss during hygienic towel storage.

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