

# FRANK H. ("FRITZ") LANGROCK

Langrock Mediation Center, PLLC  
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## BAR ADMISSIONS

Vermont (1993)  
Illinois (1988)

## MEDIATION PRACTICE

### **Langrock Mediation Center, PLLC, Burlington, Vermont**

Principal Mediator (September 2024 – Present)

Full-time mediation practice handling civil, family, commercial, construction, and land use disputes.

### **Langrock Sperry & Wool, LLP, Burlington, Vermont**

Mediator (Late 2019 – July 2024), Attorney (1993-July 2024)

Established and developed mediation practice while maintaining law firm affiliation.

## MEDIATION EXPERIENCE

Approximately 40 mediations conducted since 2019, including 23 in the past year, reflecting growing practice and reputation.

Notable matters include:

- Human rights commission cases (2)
- Prisoners' rights disputes (3)
- Administrative dispute between Vermont state agency and private business
- Complex civil litigation
- Family law matters
- Commercial and construction disputes

## AREAS OF MEDIATION EXPERTISE

- Civil Litigation
- Family Law
- Commercial Disputes
- Construction
- Land Use

## EDUCATION

**University of California, Los Angeles School of Law**

Juris Doctor, 1988

**University of Chicago**

Bachelor of Arts, 1985

**MEDIATION TRAINING & CERTIFICATION**

- • Harvard Program on Negotiation (online and in-person)
- • Champlain College Mediation Workshops including Advanced Mediation Training

**PROFESSIONAL LEADERSHIP****American Bar Association**

Treasurer, 2023 – 2026

Board of Governors, 2017 – 2020

State Delegate from Vermont to ABA House of Delegates, 2008 – 2017

**PROFESSIONAL AFFILIATIONS**

- • American Bar Association, Section on Dispute Resolution
- • Center for Understanding in Conflict

**PUBLICATIONS & PRESENTATIONS**

"The Understanding Model of Mediation," Vermont Bar Journal – Spring 2023

**Vermont Bar Association Spring Meeting (2023)**

Presenter: "Understanding Model in Mediation"

**PROFESSIONAL EXPERIENCE**

Prior to establishing a full-time mediation practice, I practiced law for over 30 years with Langrock Sperry & Wool, LLP, one of Vermont's leading law firms. I began my law practice in Chicago at Winston & Strawn. I was also president of the Vermont State Amateur Hockey Association and was a member of the Board of Directors of USA Hockey as a representative of the New England District.