

FRANK H. ("FRITZ") LANGROCK

Langrock Mediation Center, PLLC
1 Mill Street, Suite 216
Burlington, Vermont 05401
802-200-7071 | 802-777-7252
Fritz@langrockmediation.com

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.