Summary of Balanced BST

AVL Trees

- Max height: 1.44 * lg(n)
- Rotations:

```
Zero rotations on find
One rotation on insert
O(h) == O(lg(n)) rotations on remove
```

Red-Black Trees

- Max height: 2 * lg(n)
- Constant number of rotations on insert (max 2), remove (max 3).